BBC

110 recipes

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NOVEMBER 2010
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Stay in and cook

- Hearty seasonal dishes
- Winter family suppers
- New feel-good puds

Make ahead for Christmas
16-page special

Jamie Oliver
30-MINUTE MENU

FEED A CROWD ON BONFIRE NIGHT

A week of healthy meals

PLUS
- Quick fish pie
- Smart veggie recipes
- Roast dinner for two



Freeze ahead Bakewell slice

Kitchen pleasures

TV recipes
MasterChef:
The Professionals
Saturday Kitchen
The Hairy Bikers

BBC TWO

BBC one



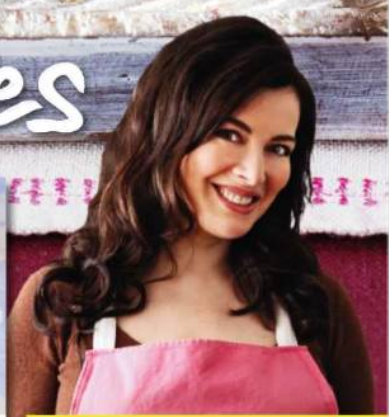
Low fat & quick
Prawn noodle soup



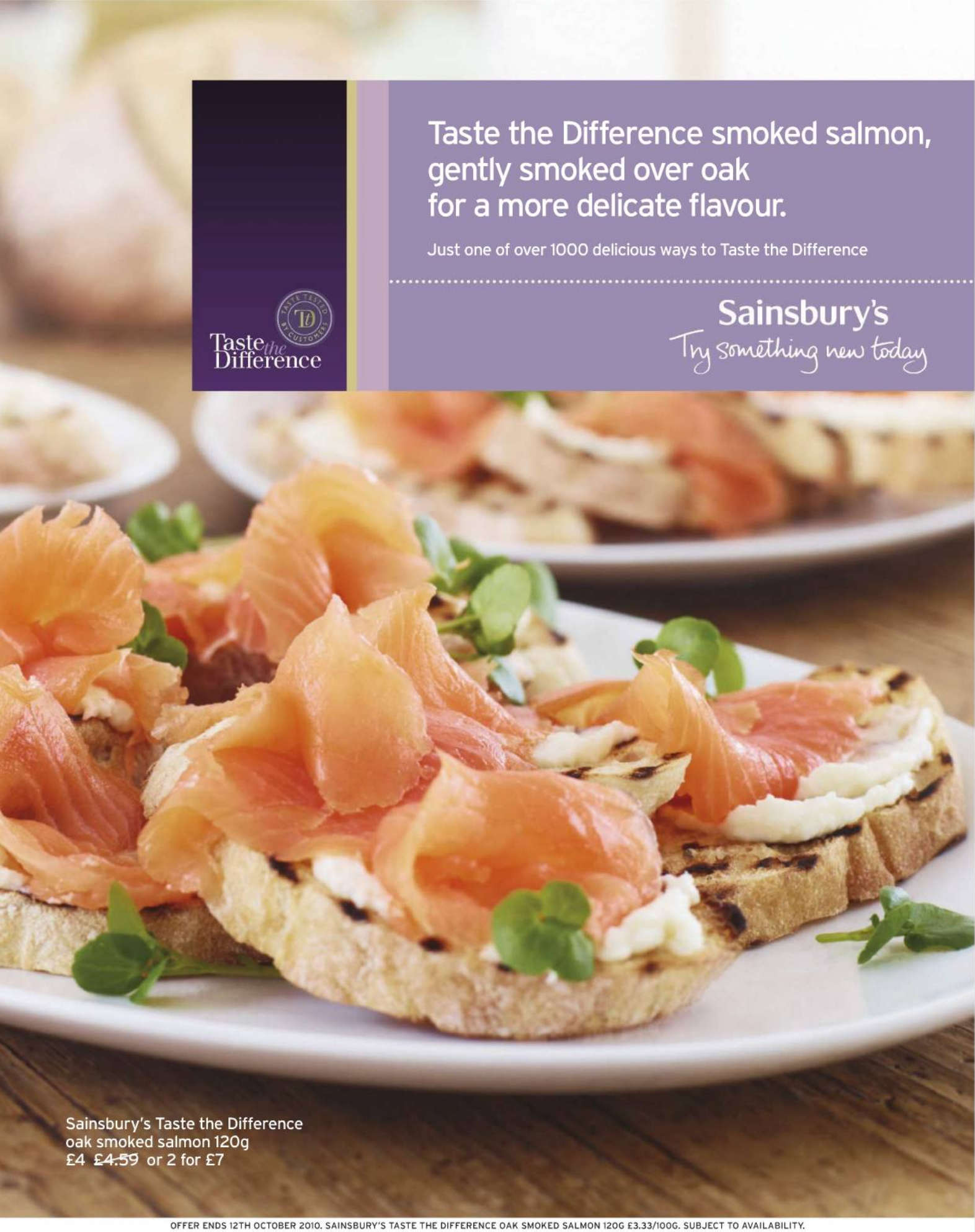
Stunning cake
Impressive but easy



Homemade pasta
step-by-step



Nigella's
rib of beef



OFFER ENDS 12TH OCTOBER 2010. SAINSBURY'S TASTE THE DIFFERENCE OAK SMOKED SALMON 120G £3.33/100G. SUBJECT TO AVAILABILITY. SOME TASTE THE DIFFERENCE PRODUCTS AVAILABLE IN LARGER STORES ONLY.

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Welcome



Cold and grey outside? That's your excuse to retreat to the kitchen to experiment with new flavours and indulge your creative side. It's the perfect remedy for dismal days, and I'm convinced that it's the combination of the practical and the creative that makes home cooking so therapeutic.

We've got plenty to entice you this month. Food editor Barney Desmazery transforms under-rated celery and celeriac into hero veg – turn to p74 to be inspired. And, if you're fund-raising for BBC Children in Need, there are three new bakes to try on p92.

Two more ways to warm up your weekends are with chef Atul Kochhar's authentic Malaysian recipes (p110) and a crowd-pleasing slow-roast pork from *MasterChef*'s John Torode (p104). Both make wonderful food for a group of friends, and the pork is just right for a relaxed Bonfire Night gathering – sparklers optional.

Gillian

Gillian Carter, Editor

There's still time to buy tickets for our BBC Good Food Shows in Scotland and Birmingham, and MasterChef Live in London. Turn to p98 for details of the BBC Good Food Show Scotland or visit *bbcgoodfoodshow.com*.

COMING SOON
Our brilliant Christmas issue, featuring new ways with festive favourites, plus loads of quick suppers and your FREE recipe calendar, will be on sale from 3 Nov.



New series to collect
Find the first of our new collectable 16-page pull-out booklets in this issue – packed with recipes and advice to help you get ahead for Christmas. This is where you'll find this month's delicious cover recipe, a freeze-ahead **Raspberry Bakewell slice.**

Look out for the next two booklets. Free with next month's issue is **Everyday food** and, with our January issue, we're giving you **Christmas made easy.**

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We regret that we are unable to answer medical/nutritional queries.
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Want to make our cover recipe? Turn to p14 in our special pull-out section or find the recipe at bbcgoodfood.com



Recipe and food styling SARA BUENFELD
Cover photograph LIS PARSONS Styling LISA HARRISON

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We're so much more than a magazine

Web Visit our website, *bbcgoodfood.com*, for thousands of delicious triple-tested recipes



TV The Good Food channel is on Sky 249 or Virgin 260. Find recipes from the shows at *goodfoodchannel.co.uk*

iPad Our Healthy Recipes iPhone app is now on the iPad, with over 150 recipes



Books Our 101 series includes titles such as *101 Speedy suppers* and *101 Cupcakes & small bakes*, £4.99 each



Plus The November issue of *olive*, £3.40, and autumn issue of *Easy Cook*, £2.80, are out now. And look out for our *Festive collection*, £5.99, and limited edition *One-pot dishes* collection, £5.99



For information about the Good Food Shows, visit *bbcgoodfoodshow.com*

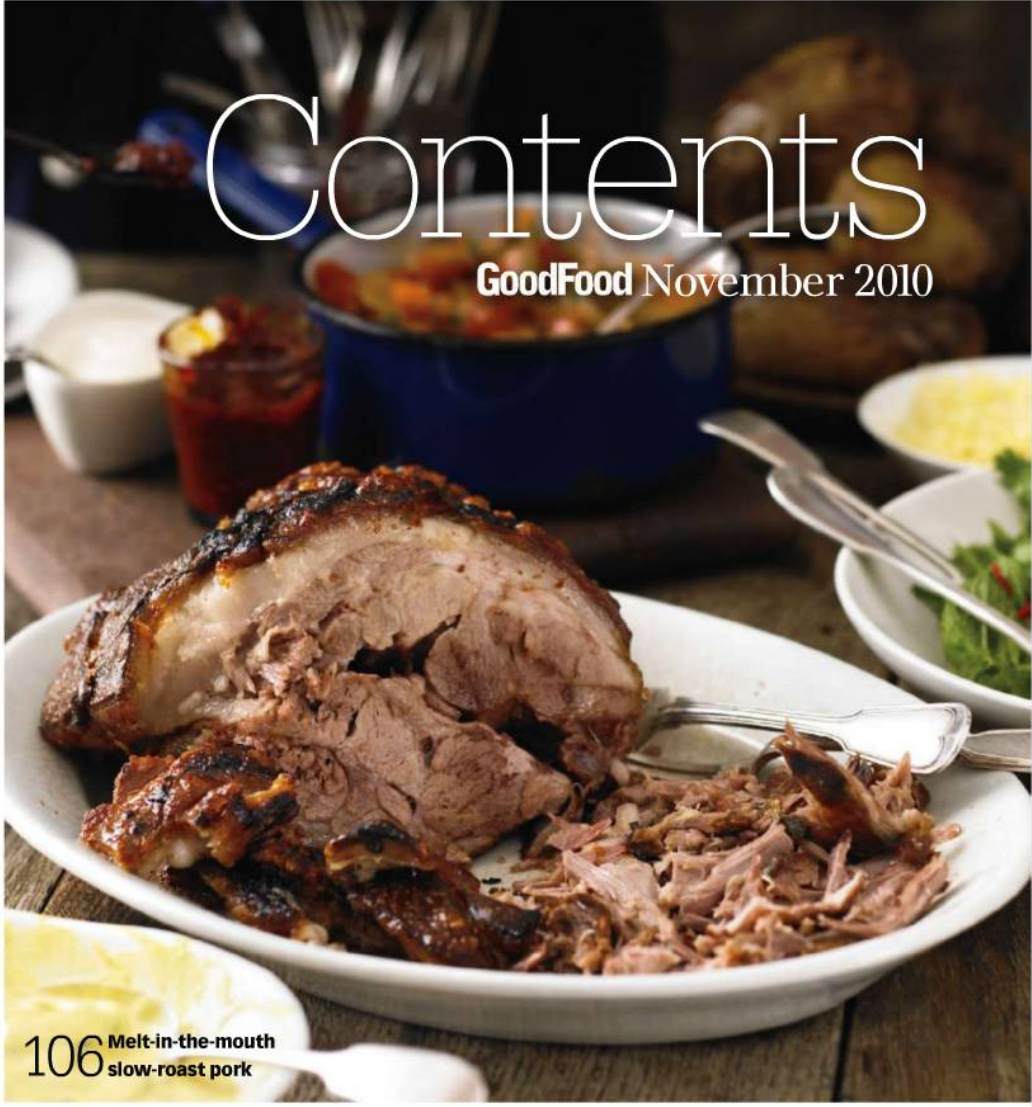
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FREE COOKBOOK WHEN YOU SUBSCRIBE

Subscribe by 30 November and receive Nigella's new cookbook, absolutely free. See p64 for details



FREE COOKBOOK WORTH £26

GET AHEAD FOR CHRISTMAS

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6 Homemade gifts
8 Make-ahead canapés
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EVERY MONTH

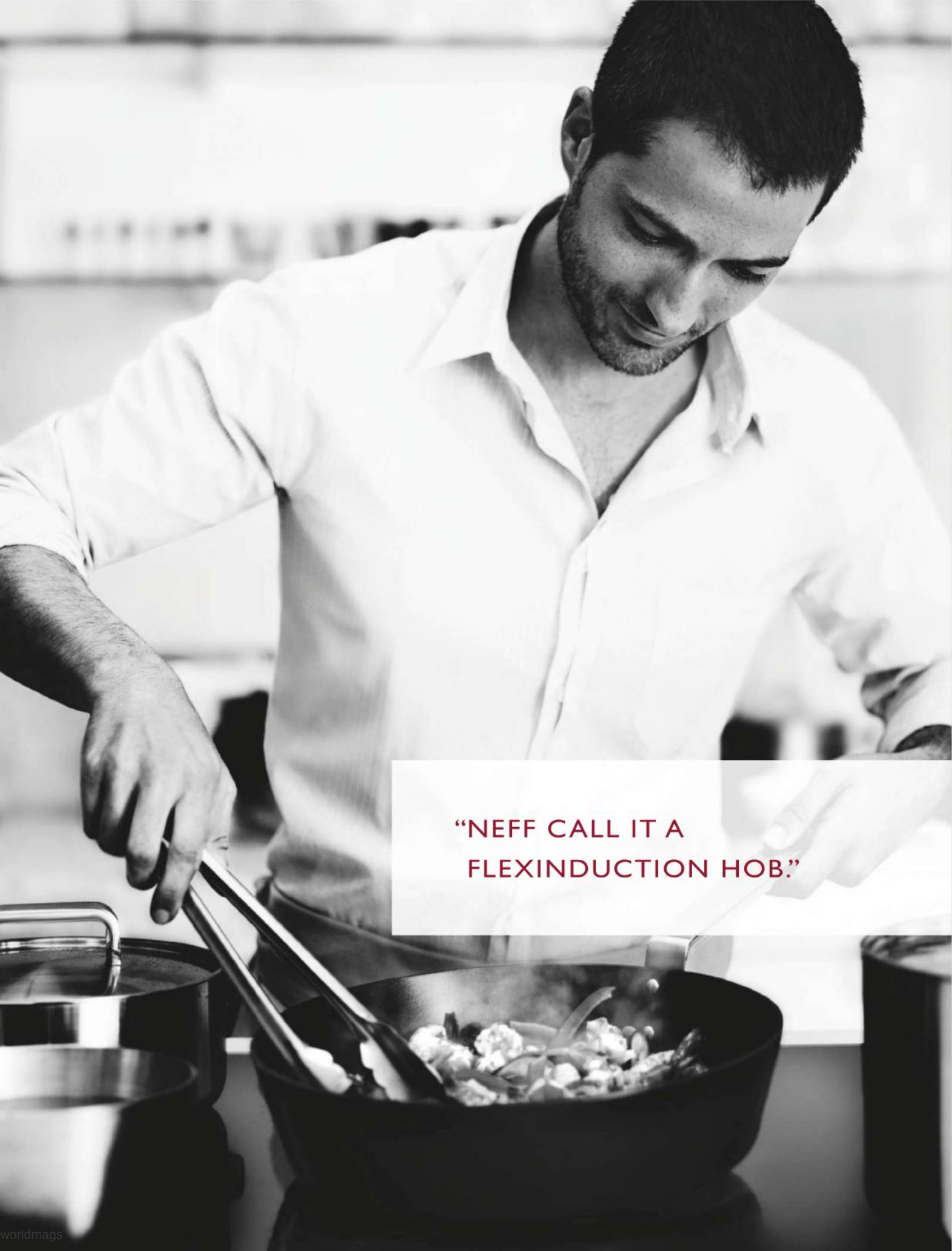
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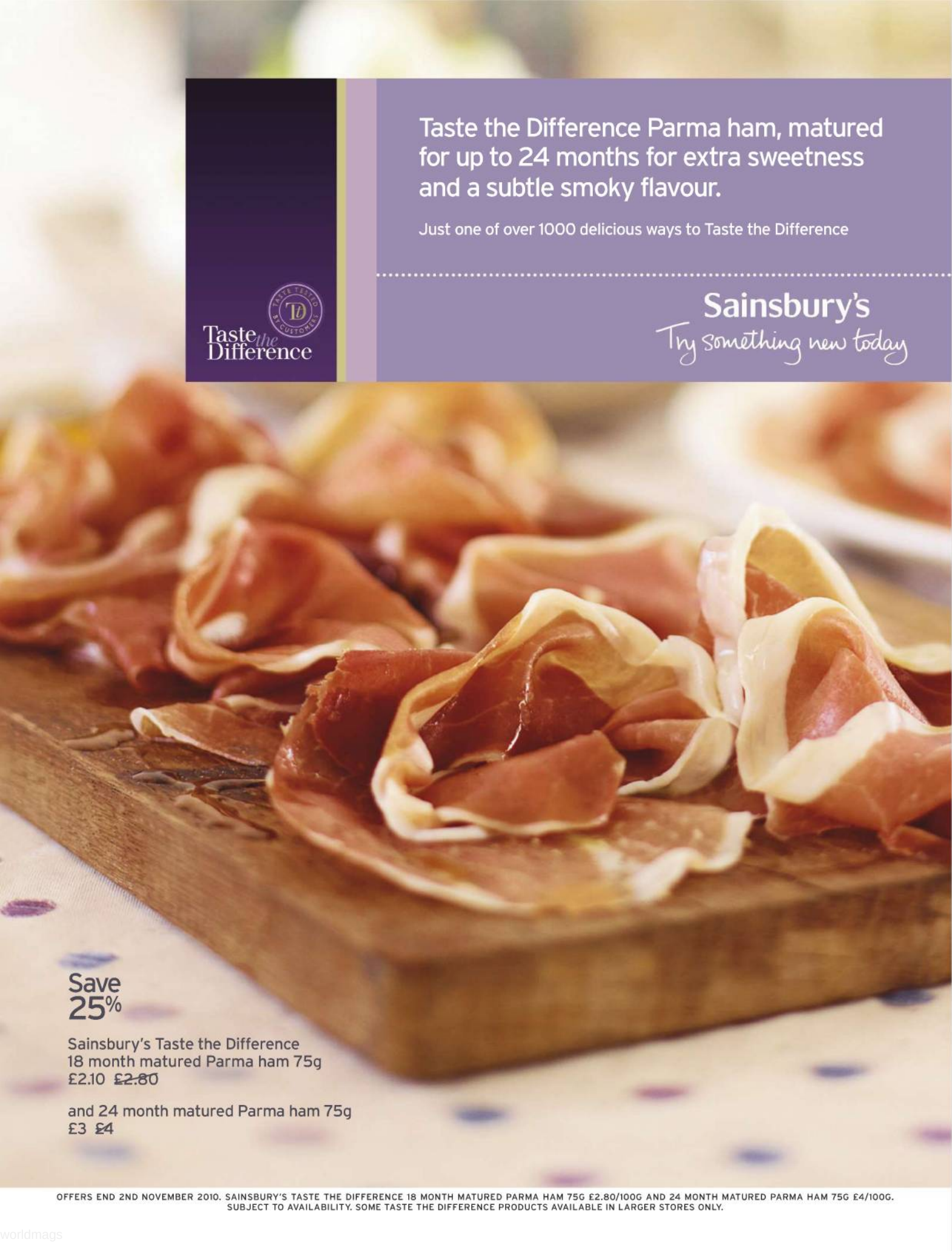
The Neff FlexInduction hob is designed to give you complete flexibility. As well as two standard heating zones, it boasts a large flexible zone that can accommodate several pans of various shapes and sizes at the same time. Furthermore, this zone uses four unique, independent induction coils to give consistent heat wherever a saucepan is placed within it. For more information please visit neff.co.uk or for a free brochure call 0844 892 9033.



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'ANY SIZE PAN ANYWHERE' HOB."

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writing kitchen history

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OFFERS END 2ND NOVEMBER 2010. SAINSBURY'S TASTE THE DIFFERENCE 18 MONTH MATURED PARMA HAM 75G £2.80/100G AND 24 MONTH MATURED PARMA HAM 75G £4/100G. SUBJECT TO AVAILABILITY. SOME TASTE THE DIFFERENCE PRODUCTS AVAILABLE IN LARGER STORES ONLY.

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This month's recipes

Getting the best from GoodFood



Why you can cook our recipes with confidence

All the recipes in *Good Food* are tested thoroughly, so they'll work first time for you at home. Most of our recipes are developed in the Good Food Test Kitchen by our Cookery team who, like you, cook at home for family and friends.

Additional recipes come from food writers and TV chefs. But no matter who writes the recipe, every one is thoroughly tested. We know your time and money are precious so we want to guarantee a perfect dish every time.

- For best results we recommend you use standard level measuring spoons, and don't mix imperial and metric measures. We use large eggs, unless otherwise stated.
- We aim to make our recipes as practical as possible, keeping ingredients lists to a minimum and avoiding lengthy preparations.
- We use easily available ingredients and include seasonal fruit and veg.
- Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.
- To avoid waste, we use full packs, cans and jars where possible. But if that's not possible we aim to suggest ways of using up leftovers. For more know-how, including step-by-step videos, visit our website *bbcgoodfood.com*.

What our symbols mean

Easy Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.

Moderately easy These require a bit more skill – such as making pastry.

For the confident cook Recipes aimed at experienced cooks who cook for pleasure and like a challenge.

V Suitable for vegetarians Always check the labels on shop-bought ingredients such as cheese, pesto and curry sauces to ensure that they are suitable.

Not suitable for freezing

Suitable for freezing Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or contains at least one portion of 5-a-day fruit and veg.

Low fat 12g or less per portion.

Good for you Low in saturated fat and salt.

Heart healthy Low in saturated fat, with 5g or less; low in salt, with 1.5g or less; and high in omega-3s.

HEALTHY EATING GUIDELINES

Our recipes are sent to a qualified nutritionist to be analysed on a per serving basis for fat, sat fat, sugar and salt. Each recipe analysis includes listed ingredients only and excludes optional ingredients, such as salt and serving suggestions.

If you're on a low-fat diet, count the fat content in each recipe to help you stick to your daily limit. Remember, simple changes can make a recipe healthier – for example, removing chicken skin after cooking, or reducing salt.

If you eat a high-salt dish, balance your intake for the day by cutting the level of salt in other dishes. Most salt you consume is in processed food. Ask your GP for further advice if you're concerned.

Guideline Daily Amounts (GDA) advise you how much of a nutrient you should eat each day.

Kcalories (GDA) Women, 2,000; men, 2,500.

Fat (GDA) Women 70g (no more than 20g should be saturated fat); men 95g (no more than 30g should be sat fat).

Salt (GDA) Maximum 6g for adults and 11-14 year-olds; 5g for 7-10 year-olds (5g = 1 tsp).

Sugar (GDA) women 90g; men 120g (we analyse recipes for total sugar – natural and added).

We regret that we are unable to answer medical/nutritional queries.

Please note that recipes created for Advertisement features are checked, but not tested, in the Good Food Test Kitchen.

RECIPE KEY ● Healthy option ■ Low fat ❄ Suitable for freezing

MEAT

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113 Beef rendang ❄
76 Cheesy celeriac, potato & bacon pie ❄
90 Fidget pie ❄
51 Hot & sour pork & pepper stir-fry ●
68 Jacket potato with smoky bacon beans ❄
170 Lamb tagine ❄
45 Leek & bacon risotto
56 Minced beef cobbler ● ■ ❄
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167 Pork tenderloin baked in pastry with a honeyed apple, cinnamon & cider sauce
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41 Coconut-crusted lime chicken
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36 Noodles with turkey, green beans & hoisin ■
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169 Roasted breast of guinea fowl, asparagus, broad beans, morels & Madeira
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104 Chilli shrimps
38 Cinnamon rubbed salmon with couscous & harissa yogurt ●
56 Haddock & spinach cheese melt ● ■
68 Jacket potato with salmon & soft cheese
128 Pan-fried scallops with butternut squash two ways
166 Parsee fish in banana leaf with egg & peanut salad
110 Perak sea bass with ginger & lemongrass
164 Poached monkfish with tomato, Sherry vinegar & toasted hazelnut salsa
170 Potted salmon
38 Prawn & bean pilau
37 Prawn miso bowl
37 Quick prawn noodle soup ■
43 Smoked trout fish pies

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74 Celery 'string' blue cheese & walnut salad
36 Chinese grilled aubergines
170 Focaccia pizza
122 Homemade pasta ❄
68 Jacket potato with cheddar, pickle & onion
68 Jacket potato with corn, chilli & avocado salsa ●
68 Jacket potato with houmous & roasted red pepper ● ■
45 Leek, pea & pepper risotto
55 Mixed-bean chilli with wedges ● ■ ❄
84 Parsnip soup with parsley cream ❄
104 Spiced pumpkin soup ❄
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122 Sweet potato & goat's cheese ravioli ❄
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71 Waldorf slaw ●

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46 Apple & date turnover ❄
166 Chocolate liquorice fondants with liquorice ice cream ❄
92 Crazy cookies ❄
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118 Hazelnut meringue surprise ❄
124 Hot honey pears ●
62 Melting chocolate puddings
17 Olive & cheese loaf ❄
116 Peaches 'n' custard
169 Pear & vanilla sponge topped with almonds, served with clotted cream, chocolate sauce & raspberry syrup
12 Pinapple with lime & vanilla syrup
61 Really enormous chocolate buttons
164 Salted caramel chocolate tart
108 Sticky chocolate pudding with marshmallows
83 Sticky pear & ginger cake ❄
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170 Treacle tart
167 Upside-down winter pudding
61 Very chocolatey cake
99 Walnut & coffee gateau
92 White chocolate spotty cake ❄
92 Whoopie pies

IN YOUR GET AHEAD FOR CHRISTMAS PULL-OUT

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13 Beef Bourguignon ❄
8 Cheese & mustard straws ❄
8 Chicken skewers with satay dip ❄
4 Cinnamon crumble mince pies ❄
4 Crunchy marzipan mince pies ❄
10 Double salmon roll ❄
4 Festive mince pies ❄
3 Figgy Christmas pudding
4 From-the-freezer mince pies ❄
4 Fruity mincemeat with almonds ❄
8 Mini salmon & dill puffs ❄
6 Mulling syrup ❄
10 Potted ham ❄
14 Raspberry Bakewell slice ❄
8 Roasted red pepper shots ❄
6 Spiced cranberry & pear relish
8 Spinach & feta falafel bites ❄
10 Watercress soup with goat's cheese croutons ❄
6 White chocolate chip fudge
12 Wild mushroom & butternut squash pie ❄

MENU OF THE MONTH Seasonal dinner for 4



• Celeriac tartare with smoked trout



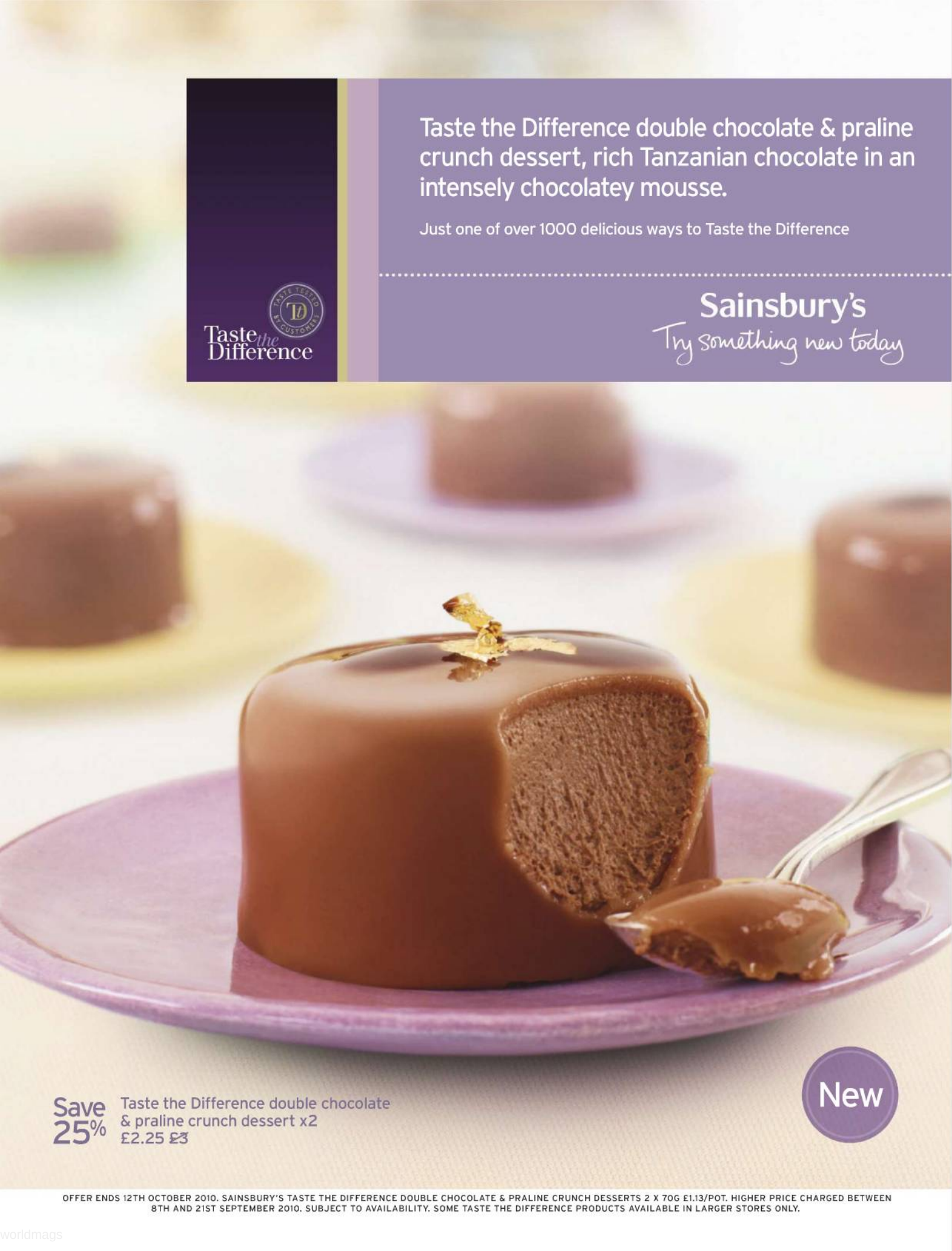
• Roast chicken with braised celery hearts



• Ginger & caramel apple puddings

ALL OUR RECIPES ARE TRIPLE TESTED

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OFFER ENDS 12TH OCTOBER 2010. SAINSBURY'S TASTE THE DIFFERENCE DOUBLE CHOCOLATE & PRALINE CRUNCH DESSERTS 2 X 70G £1.13/POT. HIGHER PRICE CHARGED BETWEEN 8TH AND 21ST SEPTEMBER 2010. SUBJECT TO AVAILABILITY. SOME TASTE THE DIFFERENCE PRODUCTS AVAILABLE IN LARGER STORES ONLY.

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Cook's notes

What's in store



• Tiptree's Tawny Marmalade Ice Cream makes a great alternative to brandy butter for Christmas. Stash a tub away now. £4.99/500ml, selected Waitrose, *ocado.com*



• These ready-baked spoon pastry cases can be used to make an impressive canapé – sweet or savoury. Sainsbury's Taste the Difference Canapé Spoons, £1.99/pack of 12.



• It's worth re-visiting the supermarket cheese aisles at this time of year for new local and limited lines. Tesco is doing a small whole Finest Beacon Blue Handmade Goat's Cheese, £5.50/400g, a light, creamy blue.



• We love Innocent's seasonal Bombay butternut squash curry veg pot – you can really taste the fennel, peppers and squash. Sainsbury's, £3.49/380g.



• Planning a Bonfire Night party? The Co-operative's 'Truly Irresistible' range of sausages will go down well. Try the plain pork or British Cumberland. From £2.59 for 6.

Accurate scales are essential for Christmas baking. This set combines a retro look with an easy-to-read display in both digital or analogue, and has the added bonus of a large stainless-steel mixing bowl. Soehnle Retro Kitchen Scale with Combination Display, £66.73, from cookshops and *amazon co.uk*



• **Pull out our special section this month**

Bake a cake

BBC Children in Need
© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557

This year Pudsey is encouraging everyone to get baking to raise funds for the BBC's annual Children in Need appeal on 19 November. We asked the boys from *MasterChef* for their must-make cake:

Gregg Wallace: 'Definitely Battenberg – I'd walk over hot coals to get to this little piece of marzipan heaven.'

John Torode: 'Jamaican ginger cake – sticky and rich with spice and sugar. Great with a cuppa or ice cream, good any time.'

Dhruv Baker, 2010 winner: 'Carrot cake. It hides a bit of spice and is a crowd-pleaser.'

• **Want some baking inspiration? Turn to p92 for our Children in Need recipes**



In your kitchen Novemba

- Make your Christmas pud and cake so they can age for a month.
- Eat from the freezer and clear out all those bits and pieces you've forgotten about. Then refill it with party food and mince pies!
- Get your knives sharpened, especially carving knives.

Test Kitchen tips

ADVICE FROM THE GOOD FOOD *COOKERY TEAM*

Lulu I'll be celebrating Thanksgiving with good friends this month – always a great excuse to make a fresh pumpkin pie with any leftovers from Halloween carving.

Barney We've been trying out different kinds of sausages in the Test Kitchen – most supermarkets sell sausages specifically for casseroling rather than grilling or frying. I particularly like Unearthed Catalan Mini Cooking Sausages (£3.59/250g, Ocado). They have a good, firm texture and don't give off much fat.

Sarah Baking parchment and greaseproof paper have never been completely interchangeable, and we often get asked when to use which paper. Sainsbury's has solved the problem by combining both and calling it non-stick greaseproof and baking paper. We have been testing it in our cakes tins this month, and so far it works very well.


Lulu


Barney


Sarah

Compiled by SARAH SYSUM | Photographs ADRIAN TAYLOR, ISOBEL WIELD | Styling JENNY IGGLEDEN

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Cook's notes



Packed with real vanilla seeds, vanilla paste is Deputy food editor Sarah Cook's new favourite ingredient. It has just as full a flavour as a vanilla pod, but is easier to use. It's not cheap, however a little goes a long way. Use in baking as you would the extract, but you'll also get lovely seeds speckled through your cakes and puds. We particularly like Taylor & Colledge vanilla bean paste, £3.99 from Waitrose.



DISCOVER SOMETHING NEW

Pineapple with lime & vanilla syrup

SERVES 6 ● PREP 15 mins ● COOK 2 mins Easy Low fat

100g/4oz caster sugar
1 tsp vanilla paste
juice 1 lime
1 pineapple, skinned and very thinly sliced (like pineapple carpaccio)
vanilla or coconut ice cream, to serve (optional)

1 Gently heat the caster sugar, vanilla paste, lime juice and 50ml water in a pan until the sugar dissolves.
2 Arrange the pineapple over a plate or platter. Drizzle over the syrup and set aside until ready to serve so the syrup can soak into the pineapple. Eat with vanilla or coconut ice cream, if you like.

PER SERVING 119 kcals, protein none, carbs 31g, fat none, sat fat none, fibre 2g, sugar 31g, salt 0.01g

WHAT'S ON TV

■ Hairy Bikers' Cook Off
Having discovered mums who are great cooks in their last series, Si King and Dave Myers are now searching for Britain's best cooking family. Contestants will prepare their family favourites, as well as facing skills tests and cooking challenges in this new series on BBC Two, weekdays at 5.15pm from Monday 25 October.
• Turn to p167 for recipes

■ Jamie's 30-Minute Meals
Too busy to cook? Not any more – in each programme of his new teatime series, Jamie Oliver prepares a complete meal, including side dishes and pudding, in just half an hour. Weekdays on Channel 4 from 11 October.
• Turn to p115 for a menu from the series

■ Market Kitchen: Big Adventure
The Good Food channel's daily show goes on the road from 18 October visiting hotspots around Britain to meet food producers and sample regional delicacies. Also on Good Food this October, Atul Kochhar's new series *Atul's Spice Kitchen – Malaysia* sees the Michelin-starred chef learning more about one of his favourite cuisines, a rich fusion influenced by Chinese, Indian, Thai and Portuguese traditions.
• Turn to p110 for Atul's recipes

■ MasterChef: The Professionals
The competition intensifies this month as the chefs raise their game to meet the challenges set by Michel Roux Jr and Gregg Wallace. Weeknights on BBC Two until Friday 5 November.

■ Ramsay's Best Restaurant
Gordon Ramsay seeks out the best British restaurants, picked from the thousands nominated by viewers. After secret diners check out the daily operations of each restaurant, the chefs are invited to a showdown at one of Gordon Ramsay's London restaurants. Tuesdays at 9pm on Channel 4. Also continuing on Channel 4 is *Food* with Jay Rayner, Wednesdays at 8pm until 20 October; *Jamie's American Food Revolution*, Mondays at 10pm until 18 October; and *River Cottage Everyday* with Hugh Fearnley-Whittingstall on Thursdays at 8pm until 11 November.

■ Nigel and Nigella
In *Nigel Slater's Simple Suppers* on BBC One, Nigel dines in with recipes inspired by home-grown produce. *Nigella's Kitchen* on BBC Two has Nigella cooking a mix of fast, fabulous dishes for weeknights and more leisurely food for lazy weekends.
• See Nigella's Roast rib of beef recipe on p126

■ Pompeii
We know how the former inhabitants of Pompeii died, but how did they live? In a fascinating BBC Two documentary this autumn, historian Mary Beard visits the ruins of bars, bakeries and dining rooms and finds these ancient Romans enjoyed their food as much as modern-day Italians.

TV compiled by KATHRYN CLISTANCE. Programme information correct at time of going to press. Please check Radio Times, radiotimes.com or bbc.co.uk for transmission details
Photograph ISOBEL WIELD | Food styling SARAH COOK | Styling ARABELLA MONE


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From your kitchen

We love to hear from you. Write to us at *Good Food* Media Centre MC3D1, 201 Wood Lane, London W12 7TQ, or email us at *goodfood@bbc.co.uk*. Please include your full name and a daytime phone number

Star letter

Dear **GoodFood**

A big thanks to the *Good Food* team for great recipes, which were so successful at my husband's 50th birthday party.

I made Orlando Murrin's Decadent chocolate truffle torte and Angela Nilsen's Ultimate lemon meringue pie. I also baked my husband's birthday cake using Jane Hornby's Chocolate wedding cake recipe. Finally, we really enjoyed Barney Desmazery's quiche recipes (June 2008) – delicious and extremely reliable.

Good Food has been a mainstay of my cooking repertoire for 15 years and I can't imagine life without it – I've developed so many new skills and ideas.

Vanessa Kind, Durham

Star letter prize Vanessa wins a selection of real ale and merchandise from traditional brewers Wadworth, worth £150. Visit *wadworth.co.uk*





Londoner **Pippa Greve,** currently living in Rio de Janeiro, says: 'This is an adaptation of a dish from *River Road Recipes*, an American book of Louisiana specialities that was a gift from my mother-in-law, Wanda. We eat this for Thanksgiving and on Christmas Day.'

GoodFood Reader recipe

Spinach madeleine

SERVES 6 ● PREP 10 mins ● COOK 50 mins Easy V

50g/2oz butter
2 tbsp flour
1 onion, finely chopped
1 garlic clove, crushed
½ 250g tub mascarpone
500g/1lb 2oz frozen chopped spinach, thawed and liquid collected
140g/5oz grated cheddar
1 tbsp jalapeño peppers from a jar, drained and chopped
½ tsp celery salt
¼ tsp paprika

Heat oven to 190C/170C fan/gas 5. Melt the butter in a pan, stir in the flour and cook for 2 mins. Add the onion and garlic and cook for 3-5 mins until soft. Add the mascarpone, then slowly add the spinach liquid, stirring until smooth. Cook for 4-5 mins until the sauce thickens. Stir in the cheddar, jalapeños, celery salt, paprika and spinach. Transfer to a baking dish and bake for 40 mins until golden.

PER SERVING 295 kcals, protein 10g, carbs 7g, fat 25g, sat fat 16g, fibre 2g, sugar 4g, salt 1.35g

Test Kitchen verdict

We were intrigued by this simple recipe. It tasted delicious and the jalapeños give the dish a lovely warmth.



Make it for Thanksgiving – 25 Nov

• **To find all the recipes that Vanessa mentions, visit bbcgoodfood.com**

SEND US YOUR RECIPES

Pippa wins a James Martin Cookware sauté pan, worth £100. For stockists, call 0117 940 0000 or visit *stellar cookware.co.uk*. Send recipes to the address above.



Good Food is available in both audio and electronic formats from National Talking Newspapers & Magazines. For more information, please contact National Talking Newspapers & Magazines, National Recording Centre, Heathfield, East Sussex TN21 8DB.

Call 01435 866102 or email *info@tnauk.org.uk*. If enquiring on behalf of someone who has trouble with their sight, please consult them first.

NATIONAL talkingnewspapers and magazines

Letters compiled by SARAH SYSUM | Photograph ISOBEL WIELD | Food styling SARAH COOK | Styling ARABELLA McNIE

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Garden bakes

The Kitchen Garden Bakes feature in our September issue was a huge success. Here's a selection of your letters.



I returned from holiday to a glut of courgettes and the September issue of *Good Food* on my doorstep. Before I had finished unpacking, I was making the Frosted courgette & lemon cake with my daughter. It was great and lasted only two days in our house – not as long as my washing pile!
Sarah Lord, Bath

For the past few years I've grown fruits and vegetables in a plot at the top of my garden. Recently I picked a 4lb courgette, which I'd failed to spot before it grew to marrow-like proportions. Thankfully, I managed to put my monster veg to good use in your courgette cake. Then I chopped up the rest in a 15-minute summer soup I found on *bbcgoodfood.com*.

Many thanks for your month-by-month inspiration using seasonal fruit and veg. My next attempt will be Beetroot brownies – another chance to use an abundance of vegetables in a slightly less predictable way.
Johanna Lloyd, Derbyshire



Inspired by Kitchen Garden Bakes, I immediately made the Cheddar & sweetcorn scones and the Zesty carrot & ginger loaf (above). I also used my homegrown veg to make the courgette cake (right) for my son's birthday – all big hits.

I'm looking forward to making the nutty recipes when my hazelnuts and walnuts are ready.
Joan Wall, Ely

• **Find all these bakes in our Garden gluts recipe collection at bbcgoodfood.com**

Meet this month's reader taste team panel



SIAN UNDERWOOD from Essex is known for her roast potatoes. She loves any recipe by Nigella, particularly Coca-Cola ham, and swears by Rachel Allen's Chocolate tart.



JENI DALGETTY, a Delia fan from Scotland, makes a mean baked risotto. Her new favourite ingredient is chipotle paste, which she enjoys in pastas and *Good Food*'s Mexican chicken stew.



DARREN HILL from Lincolnshire has an impressive signature dish – Gordon Ramsay's Roast loin of venison with braised red cabbage & parsnip chips. He also cooks a fab lasagne.

To take part in our reader taste team, write to CJ Jackson at *Good Food* Media Centre MC3D1, 201 Wood Lane, London W12 7TQ or email *goodfood@bbc.co.uk*



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10 books for cooks



Sally Hughes, our cookbook expert, recommends titles that will make great Christmas gifts

GET AHEAD, ORDER NOW



Kitchen Garden Companion
by Stephanie Alexander (£30, *Good Food* offer price £27, Quadrille). This is my stand-out Christmas choice this year, the top of everyone's wish list and the one to ask for as that special present from your nearest and dearest.

Kitchen and garden books are very much flavour of the month at the moment, but in terms of content, beauty and sheer comprehensiveness this one leads the pack. It may seem expensive but in terms of value for money it certainly delivers, with 750 pages and 250 recipes, as well as growing and harvesting tips for all kinds of fruit, vegetables and herbs.

Stephanie is Australian and has set up a great kitchen garden scheme involving children in growing and cooking their own food. Her recipes bring an antipodean freshness to ideas for using your produce, whether it be from your own plot, a box scheme or the local supermarket.

Her baking is a particular strong point – the freeform Strawberry & rhubarb tart is made just that little bit special with the addition of crumbled amaretti biscuits, and the Lemon chiffon cupcakes are so light they positively float. Try this savoury loaf, right, as a lovely accompaniment to soup.

Olive & cheese loaf

MAKES 1 loaf • PREP 30 mins • COOK 30 mins Easy

This loaf can be served warm straight from the oven alongside a vegetable soup, or toasted – this is best when it is a day old.

100ml/3½fl oz olive oil, plus extra for the tin
250g/9oz self-raising flour
100g/3½oz firm mozzarella or Gruyère-style cheese, coarsely grated
100g/3½oz sliced ham, chopped
50g/2oz black olives, pitted and halved
pinch of salt
½ teaspoon freshly ground black pepper
3 free-range eggs
1 tbsp extra virgin olive oil, for drizzling

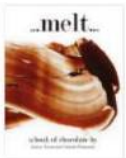
Heat oven to 200C/180C fan/gas 6. Oil a 22cm x 12cm loaf tin and line with baking paper. Combine the flour, cheese, ham, olives, salt and pepper in a mixing bowl. In another bowl, whisk the eggs and 100ml olive oil.

Make a well in the flour, then tip in the egg mixture. Mix quickly but thoroughly to form a thick batter. Spoon into the tin and smooth the top with a large metal spoon. Drizzle with extra virgin olive oil.

Bake the loaf for 30 mins or until a skewer inserted in the middle comes out clean. Turn out onto a cake cooling rack.



Use up leftover cheese, ham and olives



Melt
by Louise Nason and Chikako Watanabe (£25, *Good Food* offer price £22.50, Absolute Press). Melt is a totally chocolicious shop in Notting Hill, one of my favourite haunts, and now they have released their own cookbook. This is a gorgeous collection of really grown-up chocolate confections, beautifully photographed. It includes recipes for all things chocolatey, from sophisticated truffles to the most amazing Chocolate & blood orange marmalade tart. If you know a chocoholic – and don't we all – then this is their Christmas present sorted.



Kitchenella
by Rose Prince (£26, *Good Food* offer price £23.40, Fourth Estate). Reading a Rose Prince book is a warm, friendly and above all practical experience. Her recipes are firmly rooted in the real world where pennies count, leftovers need to be used up and where some days you have more good intentions than time and energy.

Her Mushroom broth with sausage, oats & parsley will become a staple in your repertoire. Buy this for yourself to help you get through the post-Christmas gloom or as a gift for a close friend.

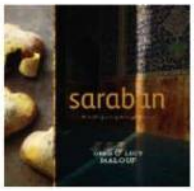


Mud Pies and Other Recipes
by Marjorie Winslow (£9.99, *Good Food* offer price £9.49, Frances Lincoln). Wrap this in pretty paper and it makes an ideal stocking-filler for a child. It's not really a cookbook, but rather a guide to making teddies' teas, dolls' dinner and fairy feasts from the garden. There are detailed instructions for preparing Iced rainspout tea, Dandelion soufflé and Putty fours, all charmingly illustrated. It's slightly whimsical and totally delightful, a window on a bygone age. If you see your little girl as an Alice in Wonderland then you, and she, will love this.

Turn the page for more cookbooks

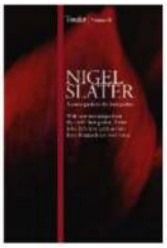
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10 books for cooks



Saraban by Greg and Lucy Malouf (£30, *Good Food* offer price £27, Hardie Grant). This large coffee table book on Iranian/Persian food, gloriously illustrated with pictures from the region, includes recipes for everything from soups and snacks to sweets. Greg's talent lies in his ability to mix traditional favourites with modern interpretations. I have cooked from his earlier Lebanese book, *Saha*, and am really looking forward to letting *Saraban* teach me about Persian cooking.

This would be ideal for a cook who likes discovering new flavours – Persian food is a little known delight but could well be the next big thing.



Tender Volume II by Nigel Slater (£30, *Good Food* offer price £27, Fourth Estate). Nigel is the foodie's favourite writer and, for me, a new book from him is the perfect Christmas present. There is so much to read and all of it is beautifully written. This second volume of *Tender* goes to the orchard with recipes and growing tips for all sorts of fruit.

Not since Jane Grigson have we had such a comprehensive book on fruit. If you know someone who despairs over the bounty of their garden, wondering just what to do with all those plums and apples, then give them this book for Christmas and earn their undying gratitude.



The Good Life by Giles Coren and Sue Perkins (£18.99, *Good Food* offer price £17.09, BBC Books). Giles and Sue make great television and their new series, which sees them experimenting with self sufficiency, is both funny and informative. I think we all secretly hanker for the so-called 'good life', even if we are more inclined to bake bread and grow our own vegetables than raise pigs or run our car on recycled chip fat. This book is an entertaining read with lots of useful tips.



Hix Oyster & Chop House by Mark Hix (£25, *Good Food* offer price £22.50, Quadrille). Restaurateur Mark Hix is fanatical about the use of seasonal British ingredients and, while the recipes come from his restaurants, his commitment to letting the ingredients speak for themselves means that they are not overly complicated. His Monkfish cheek & fennel pie is simply the best fish pie I've made in ages. This would be a great gift for the passionate British foodie.



Christmas Cooking with Kids by Annie Rigg (£14.99, *Good Food* offer price £13.49, Ryland Peters & Small). I would recommend this as a present for the children but that would be to miss a trick, for you really need to buy it now to make the most of the run-up to the festive season. Aimed at the under-tens, this has recipes from around the world that children can make themselves, sometimes with a little help, to give as gifts or to serve as part of the celebrations.

I love the cute marshmallow snowmen but the more ambitious mini chef can whip up a Bûche de Noël, and the selection of recipes for breakfast is inspired – what better treat could there be for mum than Christmas morning pancakes!



Orchards in the Oasis by Josceline Dimbleby (£25, *Good Food* offer price £22.50, Quadrille). Josceline Dimbleby ranks as one of our classic cookery authors and it has been a long time since we have had a new title from her. So long in fact, I had forgotten just how good she is.

This is one of those delightful books which mixes foodie memoirs with delicious recipes. Josceline's stepfather was a diplomat and so she grew up in a whirl of kitchens from Syria to Peru, Burma to America. Her recipes cleverly mix the familiar and the exotic, such as Rose petal tart from Syria, Peruvian potatoes, Bosporus mussel stew and Moroccan meatballs. If you love to read alongside your cooking, then this book will fit the bill.

You can buy all this month's books at a discount. Simply call 01326 569444, p&p is free. Or buy online at *bbcgoodfood.com/sparkledirect*



COOK SCHOOL ON TEST

Thyme at Southrop

Southrop Manor, Southrop, Gloucestershire
(01367 850174, *thymeatsouthrop.co.uk*)

Southrop Manor's splendid listed tithe barn has been turned into a banqueting hall, which opens into an ultra-modern cookery classroom. The L-shaped room has fully equipped stations for up to 24 pupils in two areas and each group of 12 has their own chef tutor and assistant. Stunning glass walls give views over an olive and herb patio garden.

How hands-on? Courses begin with an introduction from a local producer on the ingredient of the day – anything from chicken to chocolate. Then local chefs, such as James Graham, chef/proprietor of Allium restaurant in nearby Fairford, guide pupils through chosen recipes.

On my one-day course we were shown how to create a selection of dishes from a chicken: samosas, soup, stock, ballotine, liver & heart salad, Kiev and goat's cheese stuffed breast. Every step was hands-on, from dividing the raw chicken into pieces to making fresh curry powder for the samosas.

In the adjacent tasting room, we enjoyed a midday break with Champagne and a chance to sample the appetiser courses made during the morning session. At the end of the course, we sat down to a late lunch with wine and an opportunity to chat to the chef.

Cost From £65 half day without lunch to £225 for a full-day with lunch.

Verdict A serene rural setting that inspires you to explore the use of simple basic ingredients to create impressive dishes. You will pick up plenty of useful tips from the chef during the course or over lunch, so do ask questions.

Carol Wright

Sally Hughes, our cookbook reviewer, has been the manager of Books for Cooks in west London for eight years. She draws on a lifetime of cooking, eating and reading, including running a small café and catering for parties

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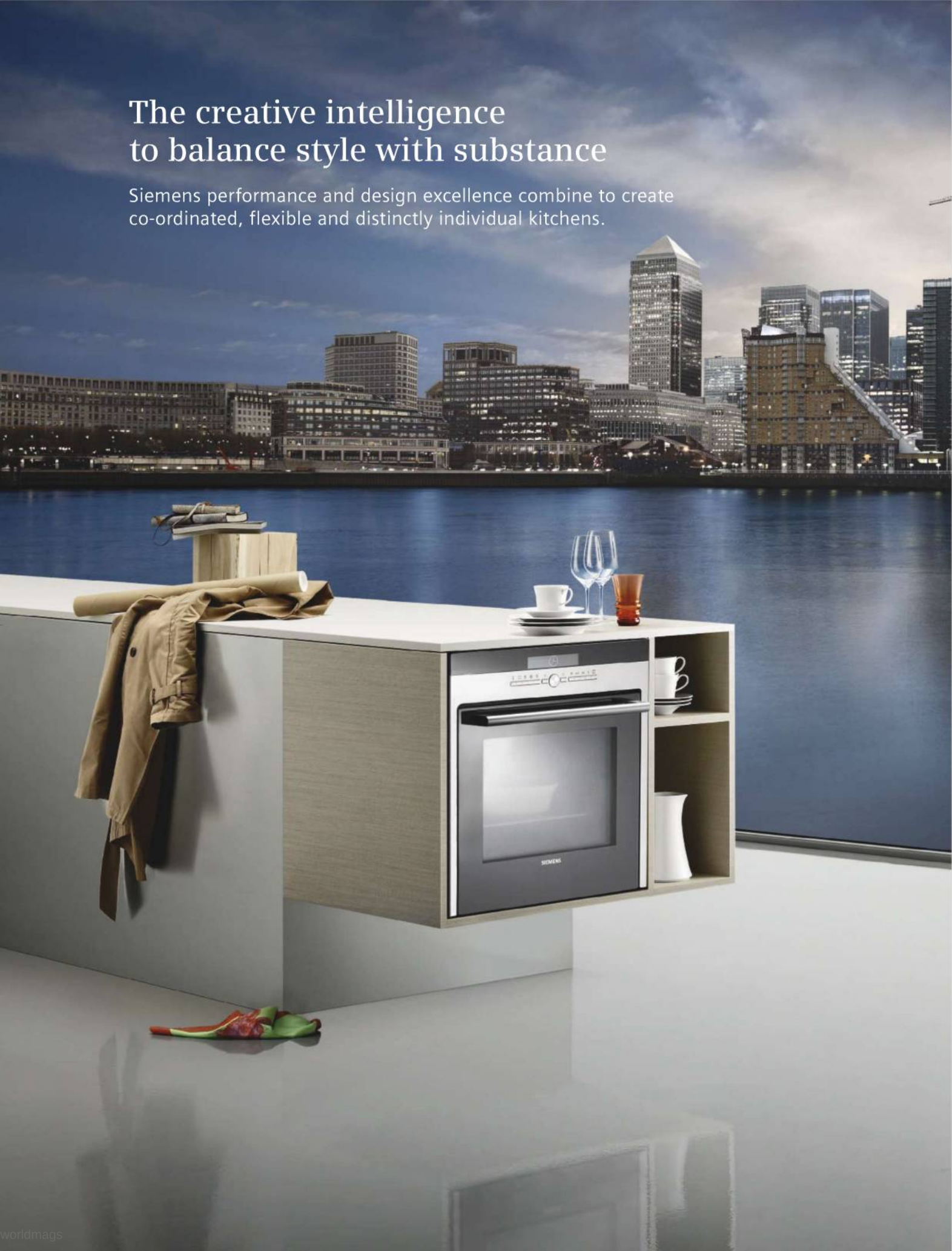
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Here to help

Angela Nilsen, cook and award-winning food writer, offers practical advice for the best results in your kitchen

Choosing your icing

If you are planning to make a traditionally iced Christmas cake, then you have two choices of icing – fondant or royal. Both are available ready-made or as packet mixes, and both are simple to use.



- **Royal icing** A pure white icing that dries to a very hard finish, this can be used to make a flat, smooth finish or thick, soft swirls. It can also be thinned down for piping or to use as a runny icing for biscuits and cakes. Available as a 300g tub of ready-to-use icing that just needs to be spread onto the cake, or a 500g pack of royal icing sugar – mix it with water.
- **Fondant icing** Putty-like and gives a smooth, relatively soft result that moulds to the shape of the cake. Easy to roll out and apply, it can also be used to mould shapes and figures. Available as a block of ready-to-roll icing in quantities of 250g, 454g and 1kg; as a 480g sheet of icing rolled out to 35cm (fits a 20cm/8in round cake) and as a pack of fondant icing sugar that has to be mixed with water. Ready-to-roll also comes in ivory.



- **How much you'll need** To cover the top and sides of a round 20cm/8in cake you will need 750g fondant icing or made-up royal icing. For a square 20cm/8in cake you will need 1kg fondant icing or made-up royal icing.

5 ways to cut down on salt

It's easy to eat more salt than we need without realising it. The daily recommended allowance for adults is 6g – that's just one rounded teaspoon. The more salt we eat, the more our palate thinks it needs to be satisfied. The good news is that even small changes to reduce salt will train tastebuds into wanting less, which helps to keep blood pressure down.

1 Avoid processed foods that are high in salt: ready meals, pasta sauces, canned soups, bread, cereals and takeaways (particularly Indian and Chinese). Check salt content on labels and look out for those with no added salt.



2 When cooking, use flavourings such as garlic, onion, mustard, ginger, lemon and lime juice, spices, dried porcini mushrooms or herbs instead of salt, or just use a little salt.

3 Use smaller amounts of ingredients that are high in salt: anchovies, bacon, cheese, ham, olives, prawns, smoked meat and fish, soy sauce (unless it's reduced salt), stock cubes or yeast extract. If using, taste before seasoning – you may not need extra.

4 Use a 'natural' sea salt – the flavour is more intense, so you'll be able to use less.

5 If you habitually sprinkle salt onto your food before eating it, try tasting it first. Chances are you won't need that extra amount.

"When scraping food off a chopping board with a sharp knife, use the back of the knife so that you don't blunt the blade"

HOW TO SAVE £££S

It works out much cheaper to joint your own chicken into two breasts, two drumsticks, two thighs and two wings rather than buying eight pre-cut pieces. Plus you'll be left with the carcass, which makes fantastic soup or stock. Here's how to do it:

1 whole chicken £6.74* V 8 pre-cut pieces £9.81



1 Cut off both legs – pop the leg bone out of the socket and slide your knife between them, making sure you keep the little nugget of flesh at the end of the thigh attached.



2 Cut through the leg between the thigh and drumstick, your knife should slide through the joint easily if you find the point where the two bones end.



3 Cut down either side of the breast piece with kitchen scissors to separate it from the backbone. Cut down the centre of the breast to divide into two, remove from the bone and trim the wing tips, if you like.



4 Cut each breast in half at a slant (to give one portion with a wing joint and one without) so you have 8 chicken joints.

- **Watch a step-by-step video at *bbcgoodfood.com***

*Based on an average supermarket price for free-range chicken | Photographs DK IMAGES, ADRIAN TAYLOR

My favourite new pan

The Stellar 6000 wok (plus lid) with its streamlined design is roomy enough for stir-fries, as well as soups, rice and one-pan dishes. It's non-stick and not too heavy to handle, yet feels really strong. It works on all hobs, including induction, and I like the fact that it can go in the oven, too. A typical in-store cost is £68 from cook stores and online at *hartsofstur.com*, and it comes with a lifetime guarantee plus a 10-year non-stick guarantee.



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ON TEST THERMOMETERS

A reliable thermometer can help you get great results in the kitchen. We tested 37 to find the best for different tasks

FOR YOUR FRIDGE & FREEZER

Kitchen Craft electronic digital fridge and freezer thermometer and alarm £12.95

Easy to use, with a dual display. The probe sits inside, secured by a suction cap, while the display attaches to the outside of your fridge or freezer, showing both room temperature (not a necessity, but a nice extra) and the internal temperature of the appliance.

There's an audible alarm for temperatures outside the pre-set safety zones of -23 to -9.5C/9.4-14.9F for freezers, and 2-8C/35.6-46.4F for fridges. Available from cookshops, *amazon.co.uk*



GOOD BUY

Fantast meat thermometer & timer £6.99

A combined thermometer and timer that's simple to use – drive the probe with its heat-resistant cord into the centre of the roast and it gives the temperature. You can also set it to beep when the meat reaches the required temperature – the device reads up to 130C/266F. Available from Ikea, 08453 583363, *ikea.com*



GoodFood BEST BUY!

FOR PERFECT WINE

Salter gourmet digital wine thermometer £14.99

A fun gadget if you're keen to drink wine at the recommended temperatures. The 16.5cm stainless-steel probe is long enough to fully immerse in the alcohol, giving an almost-instant reading, and the stopper allows the thermometer to sit snugly in the bottle. Includes a handy guide to wine temperatures. Available from department stores, 01732 360783.



PRESERVING & DEEP FRYING

Judge deep fry/ preserving thermometer £7.99

A sugar thermometer withstands high temperatures so will work for deep-frying, but we preferred this longer thermometer that can be fully submerged in the cooking oil, or in a deep preserving pan when making jam. The clip on the back is handy to hold it in place. Available from cookshops, 0117 940 0000



HEATING MILK

Kitchen Craft stainless-steel milk frothing thermometer £3.95

For a perfect froth, milk should reach between 65-70C/149-158F. This gauge has a section marked in red to show when you have reached the optimal temperature for frothed milk. An adjustable clip makes it suitable for all jugs. Available from cookshops, 08456 800120, *coopersdirect.com*



MAKING SWEETS

Heston Blumenthal precision digital confectionery thermometer £15

With a sleek digital design, this has an array of functions. An oversize display shows the current and target temperature, and it comes with a range of pre-set temperatures, including the soft-ball and hard-crack stages. You can also set your own temperature; it reads from -40 to 230C/-40 to 450F.

An alarm signals when the unit hits the required temperature. We liked the silicone grips, which make it easy to remove from a hot pan, and the head of the thermometer can be tilted for easy reading from any angle. Available from department stores, 01732 360783.



CHECKING YOUR OVEN

Lakeland oven thermometer £4.99

This no-frills thermometer features a sturdy stainless-steel casing, and is easy to clean. It is stable enough to stand on both wire and solid oven shelves, although a hanging hook is also provided.

The dial itself is large and straightforward to read, even through a (clean) glass oven door – others tested filled up with vaporised fat inside the case, obscuring the view and making it difficult to clean.

It has a good temperature range, too, accurately reading from 40-300C/100-600F. 015394 88100, *lakeland.co.uk*



TESTING MEAT

Tesco go cook meat thermometer £3.25

This model is fairly easy to handle when wearing oven gloves. It's ovenproof, so can stay in the meat while it cooks. To use, insert into the thickest part of the joint, then check the dial. Graduated from 130F-190F (54-88C), the dial also lists ideal meat temperatures. As with all meat thermometers, the reading will depend on where you place it in the meat, so do double-check. 0845 722 5533, *tesco.com*





HOW WE TESTED

We wanted all our final selections to be both easy to read, simple to use and accurate.

To ensure accuracy, all thermometers were first tested in an ice bath to check that they registered a reading of 32F/0C. We then put them through their paces in the *Good Food* Test Kitchen, where our ovens and fridges are calibrated.

Compiled by SARAH SYSUM | Photographs ADRIAN TAYLOR, GETTY IMAGES

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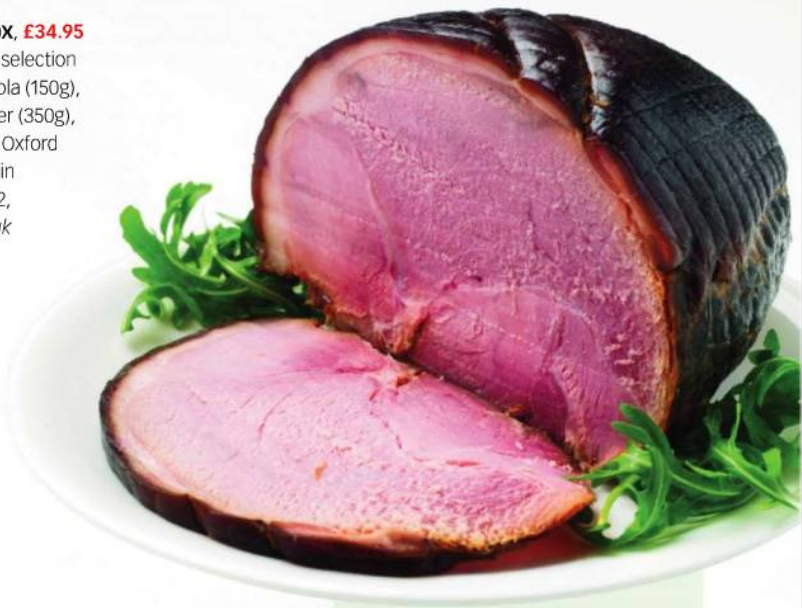
www.ticklercheese.co.uk



CHEESEWORKS SWEET & FRUITY BOX, £34.95
Beautifully boxed, this more unusual selection contains a gooey Mountain Gorgonzola (150g), smooth-textured Lincolnshire Poacher (350g), sweet, nutty Mimolette (200g) and Oxford Isis (225g), a soft cheese washed in honey mead. 01242 255022, *thecheeseworks.co.uk*



OOLONG CHINA TEA, £6.50/50g
Infused with a subtle floral note, this aromatic tea has a refreshing taste with a mineral finish. Rare Tea Company, 020 7681 0115, *rareteacompany.com*



Stock up for Christmas

Start making your list now – this is our pick of gourmet treats to give as presents or stash away for the festive season

DANISH MUSSELS, £3.59/100g Plump, juicy smoked mussels with a robust creaminess; keep the oil for a dressing. Mortimer & Bennett, 020 8995 4145, *mortimerandbennett.co.uk*





BETTYS CHRISTMAS STAR CAKE, £25
This traditional recipe has a moist texture and is packed with a generous amount of vine fruits. There's a delicious layer of marzipan as well, and it's all prettily decorated with a not-too-sweet royal icing. 01423 814008, *bettys.co.uk*

GRATE BRITAIN CHEESE BISCUITS, £6
Lovely with cheese, these work equally well as a nibble in their own right. You get three 100g boxes: cheddar biscuits made with Wookey Hole cave-aged cheddar; highly addictive Stilton biscuits and shortbreads made with smoked Dorset Red. The Fine Cheese Co, 01225 448748, *finecheese.co.uk*



ORDER YOUR MEAT

Here are five recommendations from the *Good Food* team.

- **MINI SHROPSHIRE BLACK HAM (above), £24/900g**
Ideal for smaller gatherings, this will easily feed 4-6 as part of a buffet. The meat was dense and spicy, with a robust flavour. Freezes well. Dukeshill, 0845 3700 129, *dukeshillham.co.uk*

- **OAK-SMOKED BONELESS TURKEY, £37.95/2kg**
This ready-cooked bird has a light, subtle smoke, is easy to carve and makes a nice alternative to a cold ham. Adlington, 01676 532681, *adlingtonltd.com*

- **MINI BANQUET BOX, £64/4kg**
Definitely a talking point around the table, this box comprises four 1kg roasting joints – venison, wild boar, ostrich and rosé veal. In all cases, the meat was juicy, tender and flavourful. Alternative Meats Ltd, 0844 545 6070, *alternativemeats.co.uk*

- **SIMPLEST GOOSE, £30/500g**
If you want to try goose, but a whole bird is a little daunting, this ready-to-roast breast is perfect for two. Includes a jar of goose fat for your roasties, and a tasty prune and apple sauce. Pipers Farm, 01392 881380, *pipersfarm.com*

- **PUGH'S SOMERSET PORCHETTA, £69.95/2.25kg**
A traditional Italian porchetta with an English twist, the pork is lined with caramelised apple, sage and nutmeg. The *Good Food* team enjoyed the moist, tender meat and crispy crackling. Serving at least 10-12, it's great value for a party and excellent cold. Forman & Field, 020 8525 2352, *formanandfield.com*

Compiled by SARAH SYSUM | Photographs ADRIAN TAYLOR

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RIVERFORD MINCE PIES, £3.95 for 6
Generously sized, these pies have a crumbly short pastry with a slight savoury edge and gently spiced mincemeat – not overly sweet, but lovely and sticky. They freeze well. 0845 600231, *riverford.co.uk*



OLIVEOLOGY 18°C ORGANIC EXTRA VIRGIN OLIVE OIL, £16.95/350ml
Pressed at different temperatures, Oliveology oils have subtle flavour variations. We like 18°C, with its lingering grassy taste. Or try mid-harvest 21°C, which has the addition of crushed walnuts and purslane. 0203 091 9044, *oliveology.co.uk*



LUXURY HANDMADE CHRISTMAS PUDDING, £14/600g
A traditional fruity pudding that's dense without being stodgy. We could taste the variety of ingredients, from the mixed peel and 10-year-old Somerset cider brandy to the stout, which gave a pleasant chocolatey finish. Serves six. Figgy's Puddings, 01392 459488, *figgys.co.uk*



THE WINDOW OF DISCOVERY MUSTARDS, £35
The pretty packaging contains nine of Fortnum & Mason's own-recipe mustards, including English, beer, lemon, and Tewkesbury with horseradish for a kick. 020 7734 8040, *fortnumandmason.com*



CARDAMOM & GINGER JELLY, £3.50/227g
This aromatic jelly pairs beautifully with both hot and cold fish, and is particularly good with smoked tuna. There's also a scrumptious fennel & lime jelly, with an astringent tang that cuts through oily salmon. Ouse Valley Foods, 01273 891893, *ousevalleyfoods.com*

RICK STEIN MINCEMEAT, £4.99/330g
If you like a dark, sticky, boozy mincemeat, Rick Stein's is a great choice.
Prefer something lighter with lots of fruit? Go for **Daylesford Organic Mincemeat, £5.25/375g**. 01841 533250, *rickstein.com* and 01608 731700, *daylesfordorganic.com*





LUCY'S GLUTEN-FREE LEMON DRIZZLE CAKE, £1.25 per 100g
Light and citrusy, this crumbly loaf cake is very moreish. 015394 32288, *lucysofambleside.co.uk*



AMARENA FABBRI WILD CHERRIES, £19.95/600g
A great gift with a multitude of culinary uses – as a quick pud with ice cream or amaretti biscuits, or even paired with cheese. They are very rich, and a few go a long way. Luigi's, 020 3051 9352, *luigismailorder.com*



HEBRIDEAN PEAT-SMOKED SEA TROUT HAND-SLICED SIDE, £28/500g
With a lighter taste than salmon, this smoked trout has a firm, dry flesh and a delicate texture. It freezes brilliantly, with no loss of flavour. Hebridean Smokehouse, 01876 580209, *hebrideansmokehouse.com*

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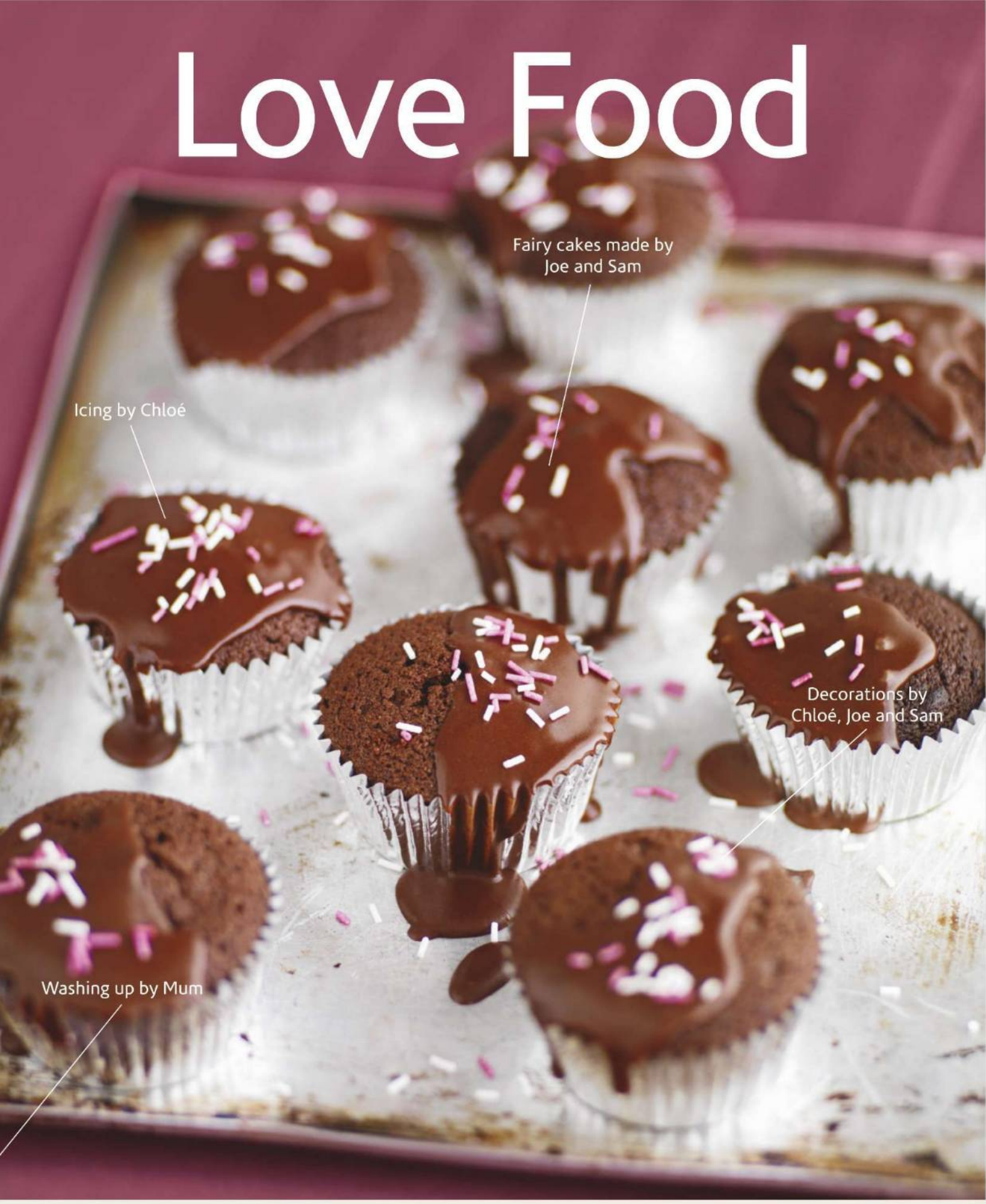
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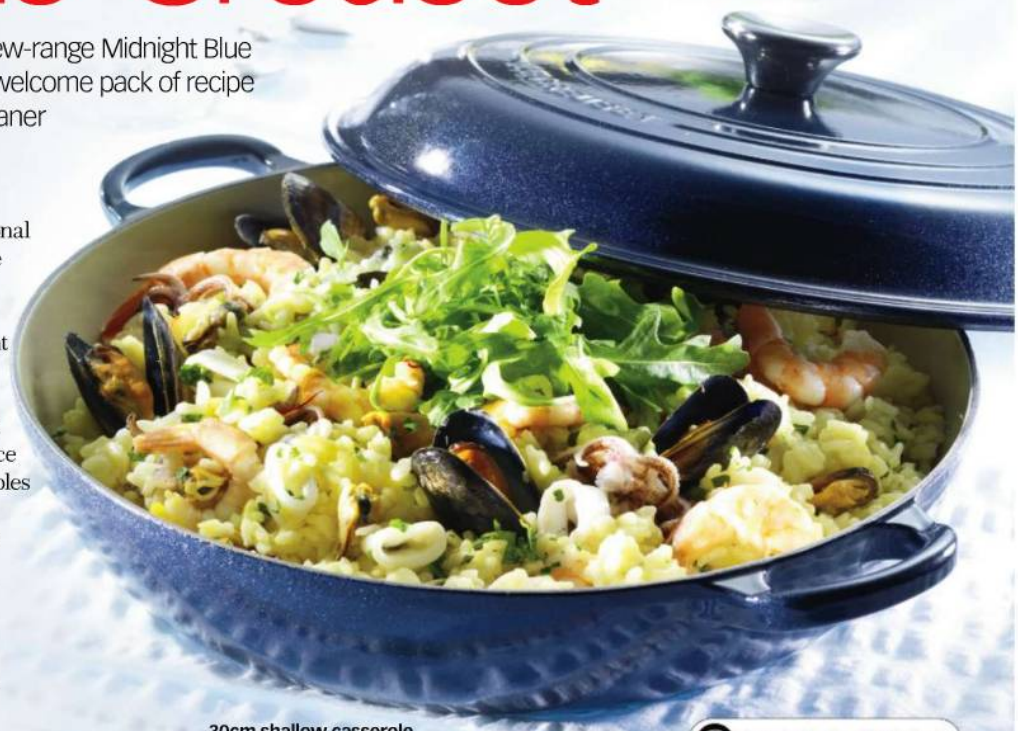
LEISURE

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30cm shallow casserole

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*Calls cost 4p per minute from a BT landline; cost from other networks may vary

Description	Price	Quantity	Total
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24cm round casserole dish	£130		
28cm round casserole dish	£160		
25cm oval casserole dish	£115		
29cm oval casserole dish	£138		
30cm shallow oval casserole dish	£145		
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	Grand total		

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53 Superhealthy Moroccan chicken with couscous



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46 Easy Apple & date turnover for teatime

Everyday

A month of great-value meals for busy families



68 New ways to top your jacket potatoes



60 Three simple recipes for youngsters to cook



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Make it tonight

Now the nights are turning chillier, warm up with these quick, but substantial, suppers

Recipes JENNIFER JOYCE Photographs DAVID MUNNS



Noodles with turkey, green beans & hoisin

SERVES 2 ● PREP 10 mins ● COOK 15 mins

Easy Low fat

100g/4oz ramen noodles
100g/4oz green beans, halved
3 tbsp hoisin sauce
juice 1 lime
1 tbsp chilli sauce
1 tbsp vegetable oil
250g/9oz turkey mince
2 garlic cloves, chopped
6 spring onions, sliced diagonally

1 Boil the noodles following pack instructions, adding the green beans for the final 2 mins. Drain and set aside.
2 In a small bowl, mix together the hoisin, lime juice and chilli sauce. In a wok or frying pan, heat the oil, then fry the mince until nicely browned. Add the garlic and fry for 1 min more. Stir in the hoisin mixture and cook for a few mins more until sticky. Finally, stir in the noodles, beans and half the spring onions to heat through. Scatter over the remaining spring onions to serve.

PER SERVING 415 kcals, protein 36g, carbs 50g, fat 9g, sat fat 1g, fibre 4g, sugar 11g, salt 2.3g

TASTE TEAM COMMENT



'The garlic gave these noodles great flavour, while the beans added crunch. A lovely dish to eat on the sofa for a lazy night in.' JENI

USE UP HOISIN SAUCE

Sticky chicken wings

Mix **3 tbsp hoisin sauce**, **1 tbsp honey**, **1 tbsp dark soy sauce** and **2 tbsp vegetable oil**. Toss with **12-16 chicken wings**, then spread in a baking tray and roast for 30-40 mins at 180C/160C fan/gas 4 until sticky and cooked through.

Chinese grilled aubergines

Cut **1 large aubergine** into 4-6 thick slices. Mix **3 tbsp hoisin sauce** with **1 tbsp vegetable oil** and **1 tbsp sesame seeds**. Brush over the aubergine slices. Grill under a really hot grill, turning and brushing with more sauce, until tender. Eat with rice and salad.

Hoisin chicken wrap

Spread **1 large soft tortilla** with **1-2 tbsp hoisin sauce**. Pile on **shredded cooked chicken**, **1 chopped spring onion** and **thinly sliced cucumber**. Roll up to eat.

Food styling JENNIFER JOYCE | Styling JOANNA HARRIS

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Meal in a bowl for one
£2.19 per serving



Quick prawn noodle soup

SERVES 1 ● PREP 10 mins ● COOK 5 mins
Easy Low fat

85g/3oz thick rice noodles
500ml/18fl oz hot chicken or vegetable stock
1 tsp fish sauce
juice ½ lime
1 star anise
pinch sugar
1 handful small raw prawns
handful mint and coriander leaves
chopped red chilli, to serve

Boil the noodles until al dente, then drain. Put the stock in a pan with the fish sauce, lime juice, star anise and pinch of sugar. Bring to the boil and add the noodles and prawns. Warm through, then pour into a bowl and serve topped with the mint, coriander and chilli.

PER SERVING 256 kcals, protein 31g, carbs 30g, fat 3g, sat fat none, fibre 2g, sugar 3g, salt 3.33g

MAKE IT JAPANESE

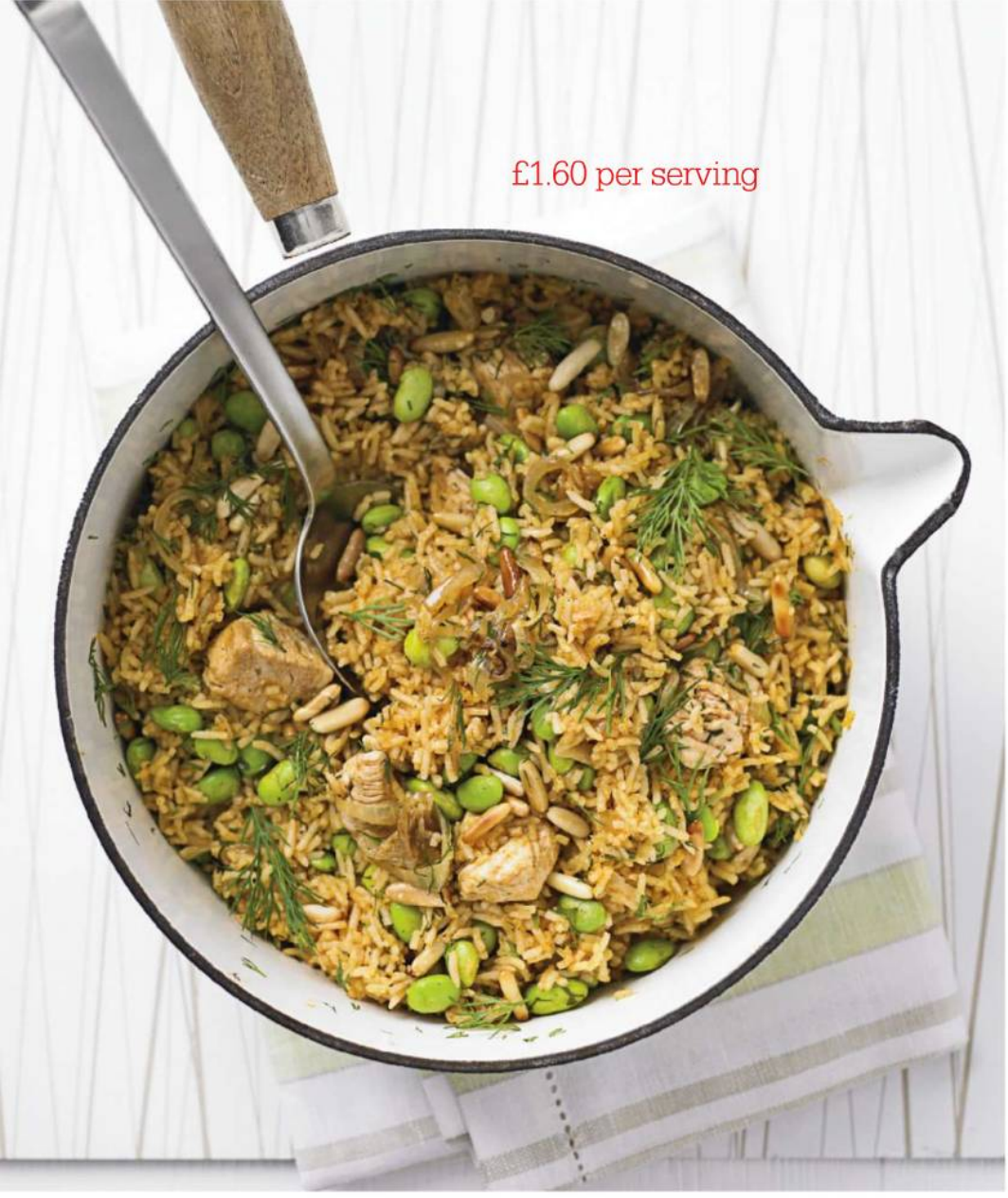
Prawn miso bowl Swap the fish sauce, lime juice, star anise and sugar for a sachet of miso soup or 1 tbsp miso paste.

TASTE TEAM COMMENT



'This recipe sounded appealing and, despite the few ingredients, packed in a great deal of flavour. We enjoyed it tremendously.' DARREN

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Chicken pilaf with dill & pine nuts

SERVES 4 ● PREP 10 mins ● COOK 20 mins
Easy Good for you

250g/9oz basmati rice
2 tbsp olive oil
1 onion, thinly sliced
2 skinless, boneless chicken breasts, cut into small cubes
½ tsp allspice
1 tbsp tomato purée
400ml/14fl oz chicken stock
small bunch dill, chopped
140g/5oz frozen broad beans or soya beans, defrosted under hot water
50g/2oz toasted pine nuts

Rinse the rice until the water runs clear, then drain. Heat the oil in a medium pan and fry the onion for 5 mins. Stir in the chicken, allspice and tomato purée, and cook for 2 mins more. Add the rice, stock and half the dill, then bring to a boil. Cover, reduce heat slightly and simmer for 8 mins. Stir in the beans and cook for 2-3 mins more until the rice is cooked and liquid has been absorbed. Stir in the pine nuts and remaining dill with some seasoning.
PER SERVING 475 kcals, protein 30g, carbs 58g, fat 16g, sat fat 2g, fibre 4g, sugar 3g, salt 0.39g

MAKE IT WITH PRAWNS

Prawn & bean pilau

Leave out the chicken and add **1 tbsp medium curry powder** instead of the allspice. Swap the dill for **1 small bunch coriander**. After the rice has cooked for 8 mins, add **150g small, raw peeled prawns** with the beans. Finish cooking as above, then stir through the coriander and **50g toasted almonds** instead of pine nuts.

Cinnamon rubbed salmon with couscous & harissa yogurt

SERVES 2 ● PREP 15 mins ● COOK 10 mins
Easy **Superhealthy** Heart healthy

100g/4oz couscous
2 tbsp sultanas
small bunch coriander, chopped
1 tsp ground cinnamon, plus a large pinch
200ml/7fl oz hot vegetable stock
1 tbsp honey
1 tbsp olive oil
2 salmon fillets
1 heaped tbsp harissa paste
170g tub 0% fat Greek yogurt

1 Heat the grill. Put the couscous, sultanas, most of the coriander, 1 tsp cinnamon and some seasoning in a bowl. Pour over the hot vegetable stock and set aside for 5 mins to soak.

2 Mix together the pinch of cinnamon, honey and oil. Sit the salmon in a baking tray, spread over the honey mixture and season. Cook under a hot grill for about 8 mins until the fish is cooked through.
3 Meanwhile, swirl together the harissa and yogurt. Fluff up the couscous with a fork and serve with the fish and yogurt, sprinkled with the remaining coriander alongside some green beans, if you like.
PER SERVING 557 kcals, protein 41g, carbs 49g, fat 23g, sat fat 4g, fibre 1g, sugar 21g, salt 0.78g

MAKE IT WITH CHICKEN

Honey chicken with sultana couscous

Swap the salmon for **2 skinless, boneless chicken breasts**. Slash each breast a few times before rubbing with the honey mixture, then grill for 10-15 mins until cooked through, turning halfway through cooking.



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Baked polenta with spinach & goat's cheese

SERVES 4 ● PREP 20 mins ● COOK 20 mins

Easy V

3 garlic cloves, chopped
2 x 400g cans chopped tomatoes
300g/11oz fresh spinach
500g pack ready-made polenta
1 tbsp olive oil
100g/4oz goat's cheese with rind, broken into chunks

1 Heat oven to 220C/200C fan/gas 7 and boil the kettle. In a bowl, mix the garlic and tomatoes with seasoning, then pour into a large baking dish. Place the spinach in a large colander and pour boiling water over until wilted. Rinse in cold water and squeeze out all the excess water you can with your hands. Roughly chop, season, and scatter on top of the tomatoes.
2 Slice the polenta, then overlap on top of the spinach. Drizzle with the oil and bake in the oven for 10-15 mins. Scatter over the cheese and return to the oven for 5 mins more, or until the cheese is golden and bubbling.

PER SERVING 240 kcals, protein 12g, carbs 26g, fat 10g, sat fat 5g, fibre 6g, sugar 7g, salt 1.6g

GoodFood READER OFFER

This classic cast-iron roaster is ideal for this dish, as well as lasagnes and pies. Also available in royal blue, it measures 24 x 37cm. Just £39, saving £20 on the rrp, plus free UK mainland p&p. Visit *jem-bbcgoodfood.co.uk* or call 01483 204455 quoting GF085.

TIP Can't get hold of ready-made polenta? Just make up a 500g pack regular polenta following pack instructions, then pour into a baking tray (approx 21 x 29cm size) lined with baking parchment. When firm enough, slice and use as in the recipe.

MONEY WISE Just six ingredients £1.10 per serving

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Coconut-crusted lime chicken

SERVES 4 ● PREP 10 mins ● COOK 25 mins

Easy

8 skinless, boneless chicken thighs
zest and juice 2 limes, plus extra wedges to serve
2 tsp medium curry powder or garam masala
1 tsp chilli powder (optional)
50g/2oz desiccated coconut
1 tbsp vegetable oil
mango chutney and rice, to serve

Heat oven to 200C/180C fan/gas 6. Put the chicken in a large bowl with the lime zest and juice, curry powder, chilli powder, if using, and seasoning. Mix well, then toss in the coconut. Place chicken on a rack sitting in a roasting tin, drizzle with the oil, then bake for 25 mins until cooked through and tender. Serve with mango chutney, lime wedges for squeezing over and rice, if you like.

PER SERVING 316 kcals, protein 41g, carbs 2g, fat 16g, sat fat 9g, fibre 2g, sugar 1g, salt 0.49g

TIP Double the recipe, adding 8 chicken drumsticks instead of extra thighs, and make enough for your family's lunchboxes the next day.



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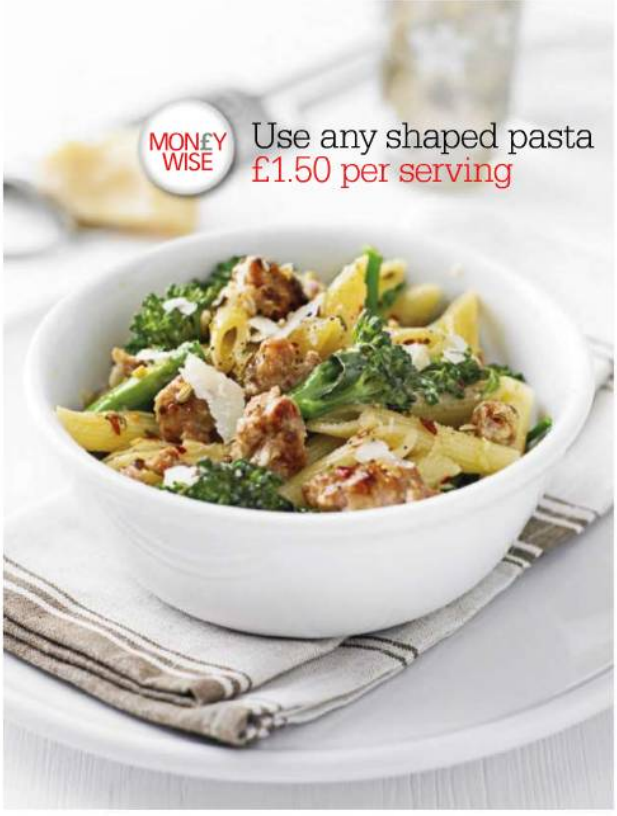
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MONEY WISE

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Sausage & broccoli pasta

SERVES 2 Easily doubled • PREP 5 mins • COOK 20 mins Easy

200g/7oz pasta shapes
150g pack purple sprouting broccoli, cut into pieces
2 tbsp extra virgin olive oil
2 garlic cloves, sliced
½ tsp fennel seeds (optional)
½ tsp crushed red chillies
2 Italian-style pork sausages, skins removed and meat broken into pieces
Parmesan shavings, to serve

1 Bring a large pan of water to the boil and cook the pasta until nearly al dente. Throw in the broccoli and cook for 2 mins more. Drain, saving 1-2 tbsp of the water.
2 Heat the oil in a large frying pan and add the garlic, fennel seeds, if using, and chillies. When they start to colour a bit, add the sausage and cook until golden and cooked through. Tip in the pasta and broccoli with the reserved water and toss. Serve hot with the Parmesan shavings.

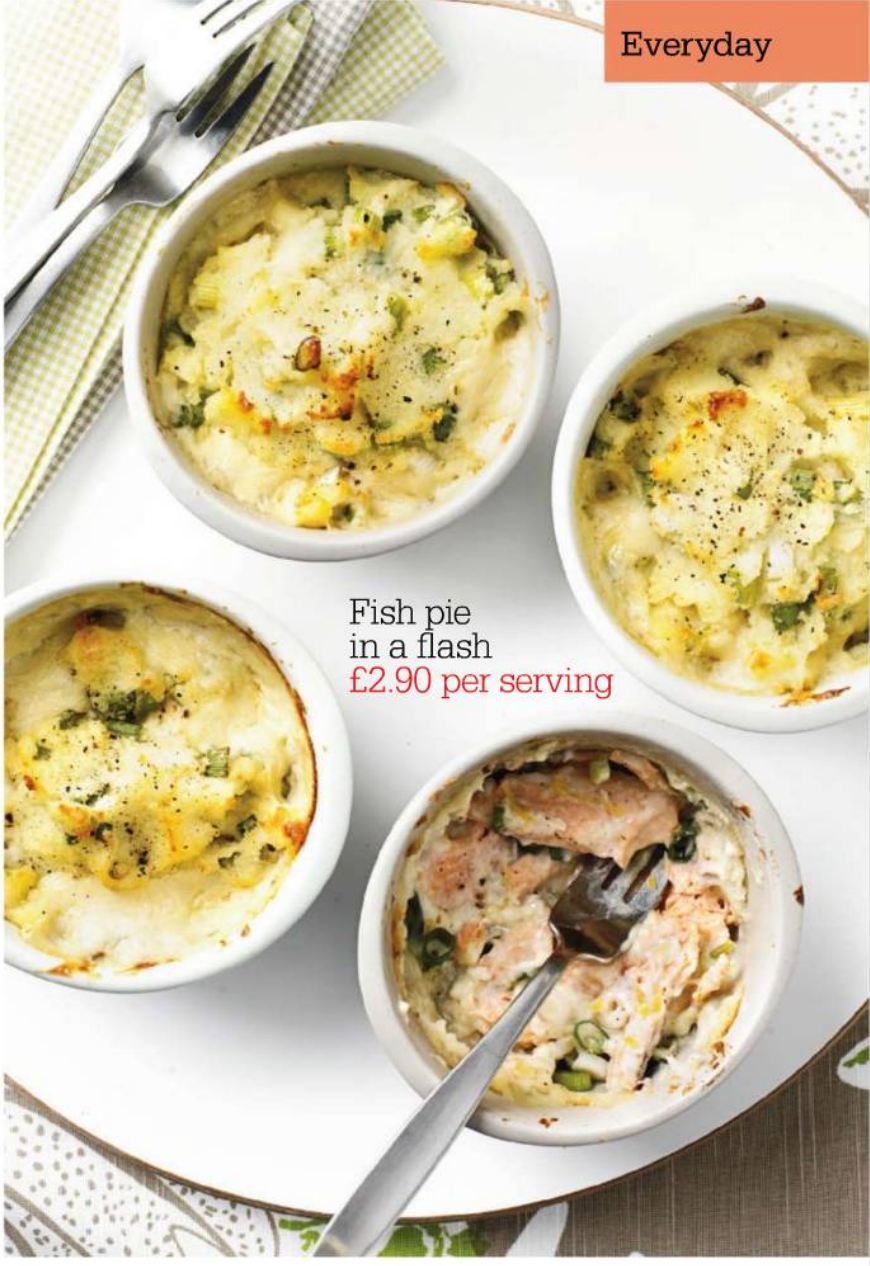
PER SERVING 738 kcals, protein 34g, carbs 80g, fat 34g, sat fat 11g, fibre 7g, sugar 5g, salt 1.25g

TIP Sausages that contain flavours like sundried tomatoes, caramelised onions, Parmesan or fennel work well in this dish.

TASTE TEAM COMMENT



'A lovely kick from the sausages and chilli. The fennel added a really interesting aniseed note that contrasted well with the broccoli.' SIAN



Fish pie in a flash £2.90 per serving

Smoked trout fish pies

SERVES 4 • PREP 20 mins • COOK 15 mins Easy

1½ tbsp butter
3 tbsp flour
350ml/12fl oz full-fat milk
1-2 tbsp creamed horseradish (optional)
small bunch dill, chopped
1 large bunch spring onions, chopped
zest 1 lemon
2 x 175g packs smoked trout fillets, any skin and bones removed, flaked into big chunks
450g/1lb leftover mashed potato

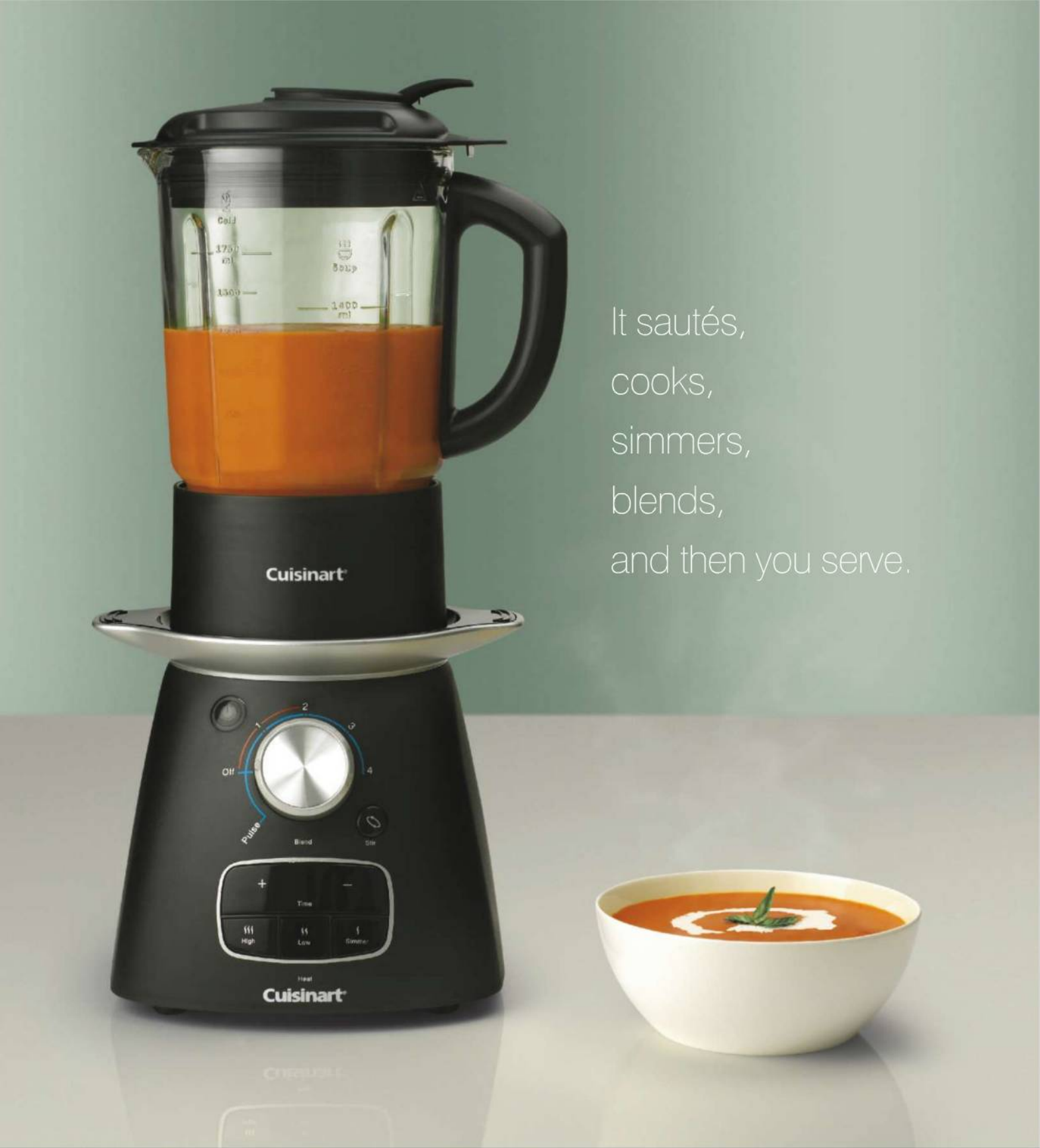
1 Heat oven to 200C/180C fan/gas 6. Melt the butter in a saucepan, then stir in the flour for 1 min. Gradually stir in the milk and horseradish, if using. Bubble the sauce to thicken for a couple of mins, then add the dill, three-quarters of the onions, the lemon zest, fish and some seasoning. Pour into 4 individual pie dishes or 1 large pie dish.
2 Mix the mashed potato with the remaining spring onion. Spoon over the fish mixture, then bake for 15-20 mins until golden and bubbling.

PER SERVING 382 kcals, protein 27g, carbs 27g, fat 19g, sat fat 6g, fibre 3g, sugar 6g, salt 2.58g

MAKE IT DIFFERENT
Swap the trout for **hot-smoked salmon**, or a mixture of **prawns** with some **snipped smoked salmon trimmings**.

TASTE TEAM COMMENT
'These pies smelled amazing and looked great when they came out of the oven. Horseradish was a lovely addition and the sauce the perfect consistency.' JENI

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Leek & bacon risotto

SERVES 4 ● PREP 10 mins ● COOK 25 mins

Easy

1.5 litres/2¾ pints chicken stock
1 tbsp olive oil
4 streaky smoked bacon rashers, cut into pieces
3 large leeks, chopped
300g/11oz risotto rice
125ml/4fl oz white wine
50g/2oz grated Parmesan
1 bunch chives, chopped

1 Keep the stock hot in a saucepan. Heat the oil in another large pan and fry the bacon until crisp. Remove from the pan with a slotted spoon and set aside. **2** Stir in the leeks and soften for 5-7 mins. Add the rice and cook for 1 min. Pour in the wine and keep stirring until it is absorbed. Add the stock, one ladle at a time, stirring and waiting for the rice to absorb the liquid before adding more. Continue for about 20 mins until the rice is just cooked and the risotto has a creamy consistency. Season, then stir through the bacon along with most of the Parmesan and chives, saving a little of each to scatter over before serving.

PER SERVING 445 kcals, protein 17g, carbs 67g, fat 13g, sat fat 5g, fibre 6g, sugar 7g, salt 1.81g

MAKE IT VEGGIE

Leek, pea & pepper risotto

Leave out the bacon. Fry **2 sliced red peppers** with the leeks until softened. Use **vegetable stock** and, when the risotto is almost ready, stir in **140g frozen peas** to heat through. Finish with **grated vegetarian cheese**.



MONEY WISE

Warm-you-up dinner
£1.19 per serving

Apple & date turnover

SERVES 4-6 ● PREP 20 mins plus 10 mins freezing ● COOK 20 mins Easy

1 tbsp plain flour, plus extra for dusting
375g pack all-butter puff pastry
2 eating apples, peeled, cored and finely chopped
2 pitted dates, finely chopped
25g/1oz caster sugar
½ tsp cinnamon
1 tsp lemon juice
1 egg, beaten, for brushing
icing, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Place a baking sheet in the oven. Lightly flour a work surface and roll the pastry out to a 25 x 30cm rectangle. Mix the apples with the dates, 1 tbsp flour, the sugar, cinnamon, lemon juice and a pinch of salt. Spoon over one half of the pastry, leaving a border around the edge. Brush the edges of the pastry with a little of the egg, then fold the other half over the top, pressing the edges together to seal well. Slash the top with a knife and brush with the remaining egg.

2 Place in the freezer for 10 mins to firm up the pastry, then carefully lift onto the hot baking sheet and bake for 20 mins. Drizzle with icing, if you like, and serve with custard or ice cream.

PER SERVING (for 4) 467 kcals, protein 8g, carbs 54g, fat 26g, sat fat 16g, fibre 3g, sugar 19g, salt 1g

MONEY WISE Just add custard 63p per serving

MAKE IT DIFFERENT

Apple & cranberry slice

Make the recipe as above but swap the dates for **2 tbsp dried cranberries** and the lemon juice for a **good squeeze orange juice** and **zest ½ orange**.

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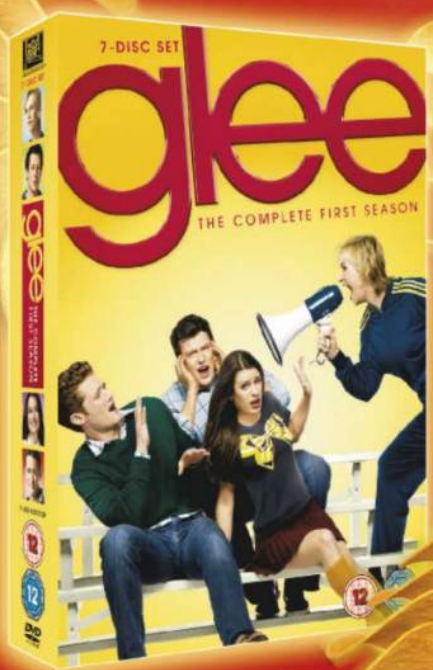
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Eat well all week

Simple, satisfying suppers to keep you on track midweek

Recipes TAMSIN BURNETT-HALL
Photographs DAVID MUNNS

5 Healthy recipes

Hot & sour pork & pepper stir-fry

SERVES 2 ● PREP 10 mins ● COOK 25 mins

Easy **Superhealthy** Good source of vitamin C, counts as 1 of 5-a-day

100g/4oz Thai jasmine rice
1 tbsp sesame seeds
1 tsp sunflower oil
250g/9oz pork fillet, cut into finger-width strips
1 red and 1 yellow pepper, deseeded and sliced
2 tsp cornflour
2 tsp soy sauce
juice 1 lime
2 tbsp clear honey
½ red chilli, sliced

1 Place the rice in a saucepan with 300ml boiling water. Bring to the boil, stir once, cover with a lid and reduce the heat to low. Cook for 15 mins, by which time the rice should have absorbed all the liquid and be perfectly cooked. Dry-fry the sesame seeds until toasted golden, then tip into a small bowl and set aside.
2 Heat the oil in a non-stick frying pan or wok, add the pork and peppers and stir-fry for 5-6 mins over a high heat until the pork is lightly browned and cooked through. Mix the cornflour and soy sauce together in a bowl, then add the lime juice, honey, chilli and sesame seeds, plus 6 tbsp cold water. Pour into the wok and cook until the sauce has slightly thickened, tossing the pan to coat the pork and peppers. Serve with the rice.

PER SERVING 506 kcals, protein 34g, carbs 64g, fat 15g, sat fat 4g, fibre 4g, sugar 21g, salt 1.11g

TASTE TEAM COMMENT



'A fresh, simple dish with loads of flavour and a lovely hint of lime. Much nicer than a gloopy sweet and sour Chinese takeaway.' JENI



Beats ordering a takeaway
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Food styling JENNIFER JOYCE | Styling JOANNA HARRIS

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Moroccan chicken with lemon couscous

SERVES 4 ● PREP 10 mins ● COOK 20 mins

Easy **Superhealthy** Good source of iron, counts as 2 of 5-a-day, low fat

250g/9oz couscous
zest and juice 1 lemon
1 tsp olive oil
1 tbsp clear honey
4 skinless, boneless chicken breasts, sliced into large strips
1 tsp ground cinnamon
1 tsp ground cumin
400g can chopped tomatoes
150ml/¼pt chicken stock
200g/7oz fine green beans, trimmed

1 Put the couscous, half the lemon zest and half the juice in a medium bowl and pour over 400ml boiling water. Cover with cling film and leave to soak while you cook the chicken.
2 Heat oil in a large non-stick frying pan, drizzle honey and some seasoning over the chicken and fry over a medium heat for 5-6 mins, until golden.
3 Mix in the spices, followed by the tomatoes, stock, beans and remaining lemon zest and juice. Bring to the boil and simmer, uncovered, for 8-10 mins or until the beans are tender. Fork through the couscous to fluff it up, then serve with the chicken.

PER SERVING 344 kcals, protein 41g, carbs 39g, fat 4g, sat fat 1g, fibre 2g, sugar 6g, salt 0.44g

2 of your 5-a-day
£2.03 per serving



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Mixed-bean chilli with wedges

SERVES 4 ● PREP 10 mins ● COOK 30-40 mins Easy V ❄

Superhealthy High in fibre, counts as 3 of 5-a-day, low fat

4 medium baking potatoes, unpeeled, each cut into 8 wedges
4 tsp olive oil
1 red onion, roughly chopped
1 yellow pepper, roughly chopped
1 tbsp Cajun spice mix
2 x 410g cans mixed pulses in water, rinsed and drained
400g can chopped tomatoes
150ml/¼pt vegetable stock
1 tbsp dark chocolate, chopped
4 tbsp reduced-fat soured cream

1 Heat oven to 220C/200C fan/gas 7. Toss the potato wedges in 2 tsp oil and spread out in a single layer on a large baking tray. Cook for 30-35 mins, turning halfway, until tender and golden brown.
2 Meanwhile, for the chilli, put the remaining oil into a casserole dish and fry the onion and pepper for 5 mins. Add Cajun spice, pulses, tomatoes and stock. Cover and simmer for 15-20 mins. Remove casserole from the heat and stir in the chocolate until melted. Ladle the chilli into bowls, top each with 1 tbsp soured cream and serve with the wedges.

PER SERVING 353 kcals, protein 16g, carbs 57g, fat 8g, sat fat 2g, fibre 12g, sugar 12g, salt 0.35g

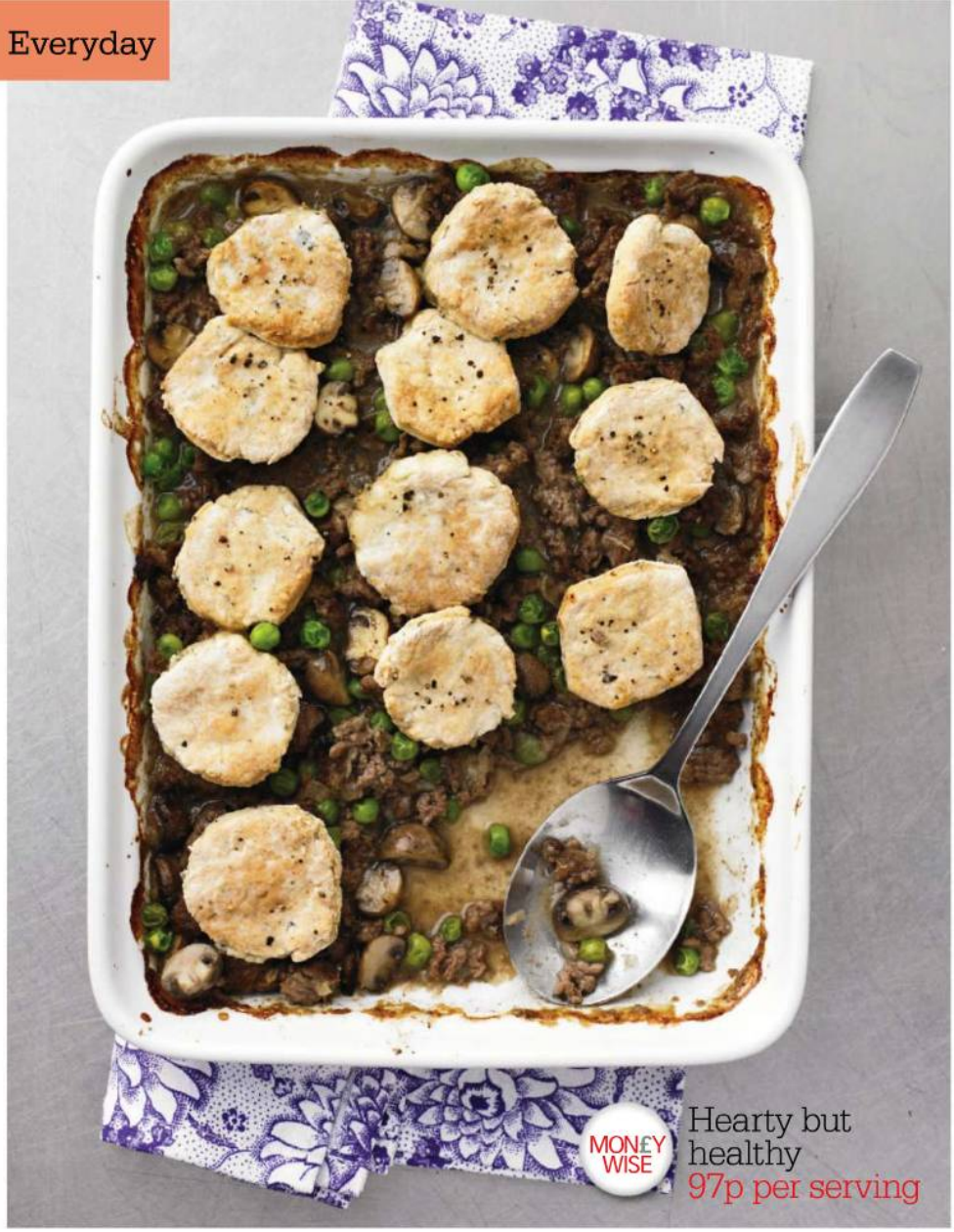
MONEY WISE Meat-free comfort food 97p per serving

TASTE TEAM COMMENT



'Lovely smells in the kitchen while this chilli was cooking, but the biggest surprise was just how much I enjoyed a vegetarian meal!' DARREN

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Minced beef cobbler

SERVES 4 ● PREP 20 mins ● COOK 50 mins
Easy **Superhealthy** Counts as 1 of 5-a-day, low fat

500g pack extra-lean beef mince
1 onion, finely chopped
140g/5oz baby chestnut mushrooms, halved
2 tbsp plain flour
500ml/18fl oz beef stock
few shakes Worcestershire sauce
140g/5oz self-raising flour
1 tbsp chopped thyme
4 tbsp low-fat natural yogurt
140g/5oz frozen peas

1 Heat oven to 180C/160C fan/gas 4. Dry-fry the mince and onion in a large non-stick frying pan over a high heat. Stir frequently to break up the mince, until well browned. Add the mushrooms and plain flour, followed by the stock and Worcestershire sauce. Bring to a simmer, then gently cook for 10 mins.
2 Meanwhile, to make the cobbles, mix the self-raising flour and thyme together in a bowl. Stir in the yogurt with enough cold water to form a scone-like dough. On a lightly floured surface, roll out to the thickness of about 1.5cm and use a cutter to stamp out 12 x 5cm rounds.
3 Stir the peas into the mince mixture, then transfer to a baking dish. Randomly place the cobbles on top of the mince, then bake for 20-25 mins, until cobbles are risen and golden brown. This is good served with horseradish sauce.

PER SERVING 349 kcals, protein 35g, carbs 38g, fat 7g, sat fat 3g, fibre 4g, sugar 5g, salt 1g

Haddock & spinach cheese melt

SERVES 2 ● PREP 5 mins ● COOK 25 mins
Easy **Superhealthy** 1 of 5-a-day, low fat

200g/7oz baby spinach
85g/3oz low-fat soft cheese
2 x 140g/5oz pieces skinless haddock
1 large tomato, sliced
2 tbsp grated Parmesan

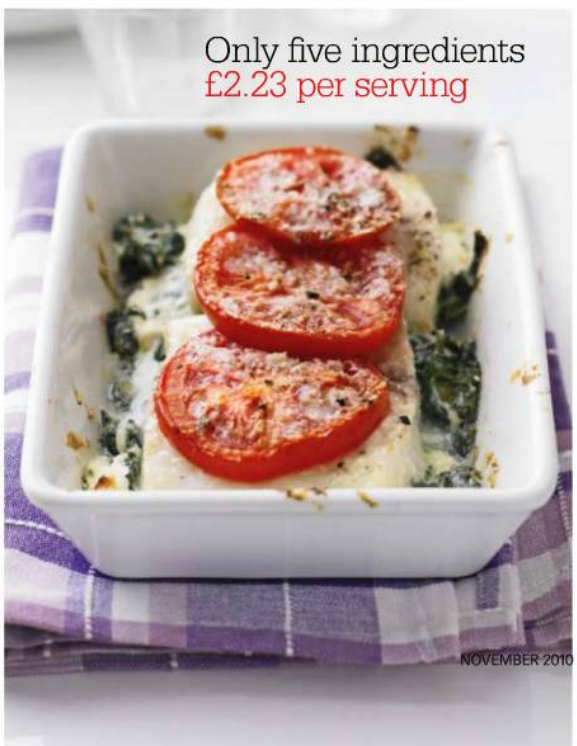
Heat oven to 200C/180C fan/gas 6. Pile the spinach into a large pan over a medium heat, turning it over and over until wilted. Remove from the heat and drain off the excess liquid. Mix spinach with the soft cheese, then place in the bottom of a small baking dish and sit haddock pieces on top. Lay sliced tomatoes on top of the fish and sprinkle with the Parmesan. Bake for 15-20 mins (depending on thickness of the haddock), or until the fish flakes easily.

PER SERVING 251 kcals, protein 36g, carbs 6g, fat 9g, sat fat 5g, fibre 3g, sugar 6g, salt 1.2g

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BBC GoodFood Show Winter

24–28 November 2010, NEC Birmingham

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- The ever-popular **Producers' Village** filled with specialist independent producers
- Meet your favourite chefs at regular **book signings**
- **Fantastic shopping** in perfect time for Christmas



NEW this year...
Saturday Kitchen with James Martin comes to Birmingham!

We're recreating elements of one of our favourite cookery programmes, live at the Show, including the infamous Omelette Challenge! **James Martin** will discover his special guests' Food Heaven and Food Hell in the Supertheatre sponsored by Sainsbury's (Thu, Sat and Sun only. Supertheatre seats from £3).

NEW this year...

Visit on Wednesday and you'll be able to reserve free seats to see **BBC Radio's Food and Farming Awards** and **Sainsbury's Taste the Difference sessions** hosted by **Rachel Allen.** Add to your online booking before checking out.

BBC Good Food Show Winter NEC Birmingham, 24 – 28 November, 9am – 6pm

Ticket Type	Good Food reader rates	Standard adult rates
General Admission	£18.50 Wed-Fri & Sun, £19.50 Sat	£20.50 Wed-Fri & Sun, £21.50 Sat
General Admission + Supertheatre	£21.50 Wed-Fri & Sun, £22.50 Sat	£23.50 Wed-Fri & Sun, £24.50 Sat
VIP package (includes entry)	£75 Wed-Fri & Sun, £80 Sat	£80 Wed-Fri & Sun, £85 Sat

Each ticket includes a Showguide Recipe Collection (value £10) collectable on the day.

Booking fee applies. Readers over 65 get an additional £2 off entry tickets, children aged 5 to 16 pay the adult reader rate Wed to Fri. Terms and conditions apply, see website for details. Upgrade to Gold Supertheatre seats for £2.

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Children under 5 **free every day**
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24–28 November 2010, NEC Birmingham

World Cheese Awards... Live entertainment... Speciality foods... Marks & Spencer... New theatres... Festive inspiration...



I always look forward to the **BBC Good Food Show Winter** – every year it gets bigger, better and more exciting!

Whether you're a regular guest or a first-time visitor to the Show, there is so much to see and do. It's a good idea to plan ahead to get the most out of your day. Seeing the top chefs in the Supertheatre is a real highlight of your visit so do make sure you pre-book seats for at least one of the shows. We've got a few suggestions for you here, but check our website **bbcgoodfoodshow.com** for the latest timetables and news.

Gillian Cole.





Friends' Day Out Wednesday 24th

9.00 Early breakfast of authentic fresh 'street food' in the **Producers' Village**
10.30 James Martin in the **Supertheatre** (treat yourselves to Gold Seats)
12.00 Relax over lunch at the **MasterChef Restaurant** (book in advance)
1.00 Learn a new recipe when you cook alongside **James Nathan** in a **Miele Cookalong** (book in advance)
3.00 Lists at the ready, for Christmas shopping and a stop-off at **M&S** Christmas stand for inspiration
4.00 Attend the prestigious World Cheese Awards Ceremony in the British Theatre
5.30 Early evening cocktail or **glass of bubbly** before going home with your Christmas shopping!





Two's Company Saturday 27th

10.00 Start the day with a **MasterChef Cook-Off** hosted by **John Torode** & **Gregg Wallace** (book in advance)
12noon Gordon Ramsay Does Christmas in the **Supertheatre** (book in advance)
1.00 Lunch on artisan bread, cheeses and chutneys from the **Producers' Village**
2.00 Glynn Purnell demo in **British Theatre**
3.00 Watch the chefs step up to the **Omelette Challenge** on the **Saturday Kitchen** stage
4.30 Try a sample or two from specialist drinks exhibitors and stock up for festive entertaining
5.30 Drop by the **book shop** to pick up the latest books, and get them signed too!





Family Day Out Sunday 28th

10.00 Mum and daughter take the MasterChef **Invention Test** (book in advance)
12.30 Nadia Sawalha with kids' cooking ideas in the **Magimix Theatre**
1.30 Picnic at **Producers' Village Green** with fresh food from the Village. Stop off at 'Kids Cooking Co.'
2.30 Saturday Kitchen Live with **James Martin** and celeb guests in **Supertheatre** (book in advance)
4.00 Find perfect gifts for Christmas shopping and visit the **Christmas Tasting Theatre** hosted by Jane Hornby for festive inspiration
5.00 Drag Dad away from **CAMRA beer tastings**
5.30 Last minute chocolate buying (kids) and glass of wine (parents!)



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We love to cook

RECIPES TO CUT OUT AND KEEP

This month, collect three new recipes using chocolate for your cookbook.

- Each recipe was cooked by the children shown here and tested in the *Good Food* Test Kitchen, so we promise that they are fun and easy to make, and that they work



Photographs: GARETH MORGANS

How to make your *We love to cook* book

To make this month's chapter, cut out the page opposite along the dotted line and fold in half.

For the previous months' recipes, our junior chefs have cooked with chicken, courgettes, strawberries, eggs, tomatoes and apples. Find the recipes on *bbcgoodfood.com* by typing in 'we love to cook'.

For more ideas for cooking with kids, visit *bbc.co.uk/cbeebies* and search 'I can cook'.

Next month, look out for our easy Christmas gifts for children to make.

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Posh pudding for the family

Melting chocolate puddings

MAKES 6 ● TAKES 1 hr

Age 8-14

■ INGREDIENTS

oil, for brushing
85g self-raising flour
½ tsp baking powder
40g cocoa
40g ground almonds
125g butter, softened
100g golden caster sugar
2 eggs
6 Lindt milk chocolate balls

■ EQUIPMENT

• Muffin tin with 6 deep holes or 6 x 150ml pudding moulds



1 **Ask your grown-up helper** to switch the oven on to 180C/160C fan/gas 4. Use a pastry brush to brush the muffin tin or pudding moulds with oil.



2 Sift the flour with the baking powder and cocoa into a bowl, then stir in the ground almonds.



3 Beat the butter with the sugar using a wooden spoon or electric beaters.



4 Add the eggs and flour mix, and beat everything together. Add 1 tbsp water if the mixture is too thick to fall off the spoon.



5 Spoon the mixture into the tins or moulds and level the tops. Push a chocolate into the middle of each one – but don't push it right to the bottom.



6 **Ask a grown-up** to put the puds in the oven for 20-25 mins. Leave for 10 mins or until cool enough to handle, then carefully turn out onto plates.

PER PUDDING 403 kcals, protein 4g, carbs 40g, fat 26g, sat fat 14g, fibre 2g, sugar 26g, salt 0.65g

THREE EASY CHOCOLATE RECIPES

We love to cook

Really enormous chocolate buttons

Age 3-6



Very chocolatey cake

Age 5-9



Melting chocolate puddings

Age 8-14



NOTES FOR PARENTS AND CARERS

All these recipes are adaptable for younger or older children. For example, a three-year-old will be able to decorate the chocolate buttons but may find it difficult to spoon out the chocolate neatly. Instructions that need a grown-up's help are in **bold** so that you can see them easily.

And don't forget that many younger children think that washing up is great fun!

Before you start

- Wash your hands and tie back long hair
- Put on an apron
- Weigh and measure out all your ingredients
- Find all the equipment you'll need and put it where you can easily reach it
- If you need the oven or grill, ask a grown-up to turn it on

While you're cooking

- Wipe up any spills
- Use a spoon, and not your fingers, to taste food
- Save plastic, cartons and cans for recycling



Make these for a present

Really enormous chocolate buttons

MAKES about 10 of each kind ● TAKES 1 hr

Age 3-6

INGREDIENTS

100g milk chocolate, melted
100g plain chocolate, melted
100g white chocolate, melted
sprinkles and sweets, to decorate

EQUIPMENT

- Baking parchment
- Very clean, fat paint brush
- Cellophane bags, if making presents



1 **Ask a grown-up** to tear off some big sheets of baking parchment. Draw around a glass or saucer with a pencil to make big button shapes. Turn the paper over.



2 Spoon a blob of chocolate into the middle of each circle and use a paint brush to spread it to the edges of the circle. Don't worry if it isn't neat.



3 Decorate each button with sprinkles, sweets or blobs of other coloured chocolate.



4 Leave the buttons to cool and set really hard, in the fridge if the room is hot. Once they are hard, peel them off the paper carefully and wrap up or eat.

PER AVERAGE BUTTON 52 kcals, protein 1g, carbs 6g, fat 3g, sat fat 2g, fibre none, sugar 6g, salt 0.02g

TOP TIP FOR PARENTS These buttons are a really easy present to make for friends or family members. Just don't worry about trying to be neat with small children – less-than-round buttons taste just as nice. You can also make chocolate lollies in the same way – make sure the chocolate blobs are nice and thick, lay a lolly stick down the centre of each, decorate, then leave to set.

GoodFood We love to cook



Brilliant for a birthday cake

Very chocolatey cake

SERVES 6 ● TAKES 1 hr

Age 5-9

INGREDIENTS

3 eggs
200g golden caster sugar
200g very soft butter
200g self-raising flour
1 tsp baking powder
3 tbsp cocoa powder
100g chocolate drops (milk, plain, white or a mix of all three)
FOR ICING: 300g soft butter, 100g icing sugar and 400g melted plain chocolate

EQUIPMENT

- 2 x 18cm buttered, lined cake tins



1 **Ask a grown-up** to switch the oven on to 180C/160C fan/gas 4. Break the eggs into a small bowl and scoop out any bits of shell, then tip them into a large bowl.



2 Put the sugar and butter in a bowl, then sift over the flour, baking powder and cocoa.



3 Beat everything together using a wooden spoon or electric beaters, then stir in the chocolate drops.



4 Spoon half of the mixture into each tin and smooth the tops.



5 **Ask a grown-up** to bake the cakes for 20-25 mins or until risen and a skewer comes out clean. Cool in the tin for 5 mins, then turn out onto a rack.



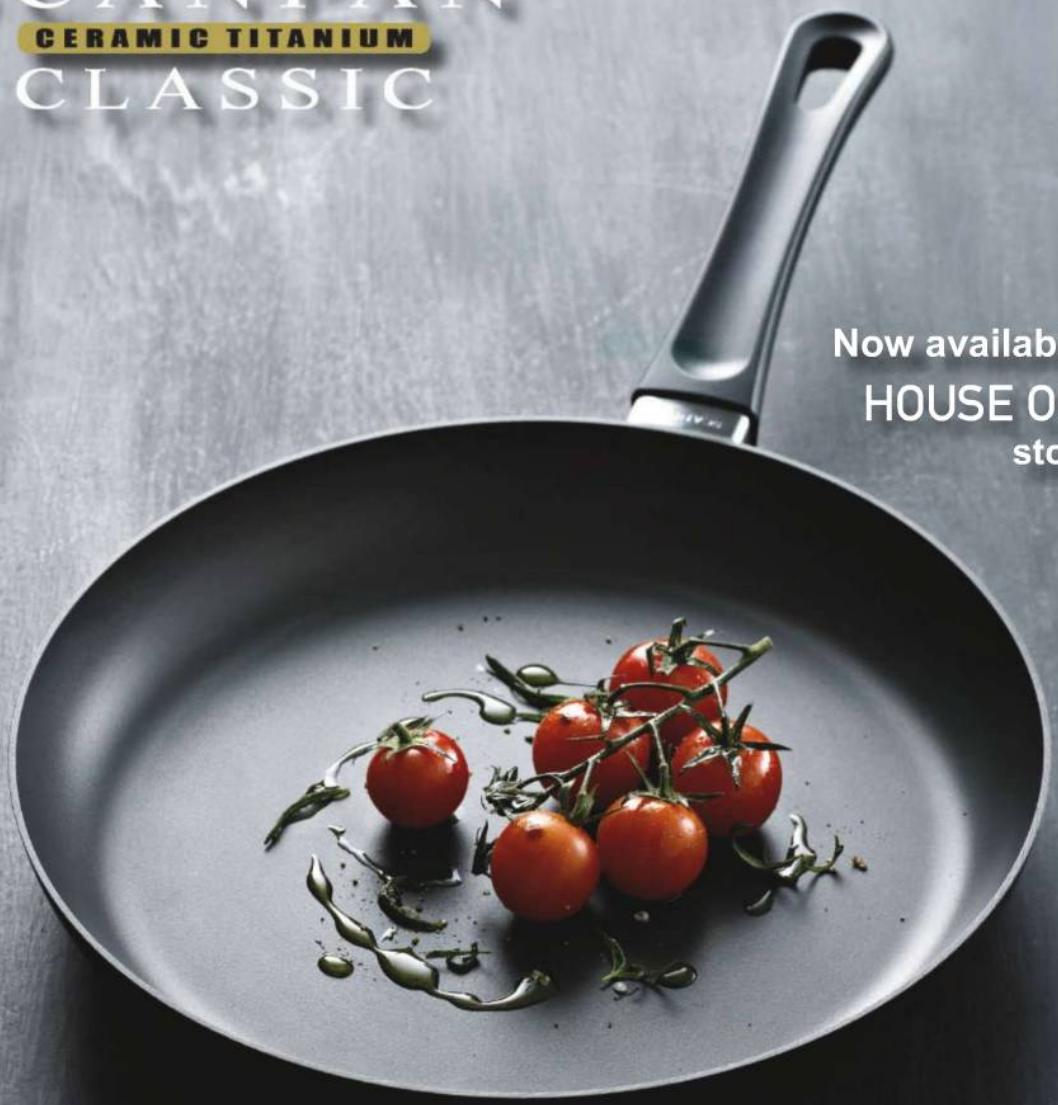
6 Beat the butter and icing sugar, then fold in the chocolate. Spread over the middle, sandwich the cakes together, then dust with icing sugar.

PER SERVING 235 kcals, protein 2g, carbs 22g, fat 16g, sat fat 10g, fibre none, sugar 17g, salt 0.28g

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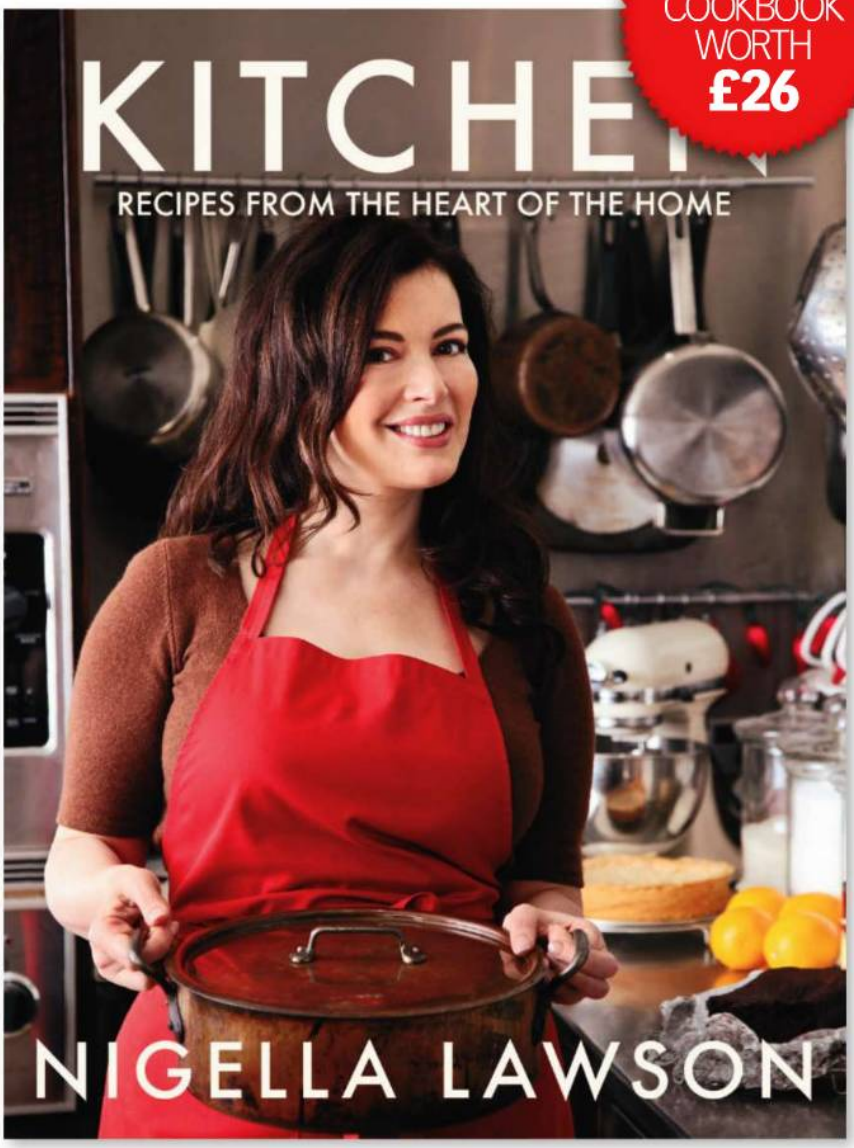
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A new book from Nigella is always a treat. This one is packed with 190 recipes to suit your life – from simple suppers for the midweek rush to slow-cook weekend dishes and baking, plus inspired ways with leftovers
GILLIAN CARTER, Editor





Try a recipe from the book – Nigella's fabulous Roast rib of beef recipe is on p126

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Crisp, chunky roast potatoes

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21 NEW FESTIVE RECIPES

GoodFood

It's time to get organised

Yes, the countdown has started, but before everything gets too frantic, take a little time to plan your festive cooking. If you're like me, you've probably got a list on the go already, and are looking for new recipes to make a note of – as well as deciding how to fill your freezer.

This booklet is full of inspirational ideas, plus plenty of practical advice – as you'd expect from *Good Food*. I hope it makes your seasonal kitchen a stress-free zone this year.

Lulu Grimes, Food director

Collect our pull-out booklets

This is the first of three recipe booklets. Look out for the next two:

- **December issue: Everyday food**
- **January issue: Christmas made easy**



Get ahead for Christmas

Your cake, pud & mince pies Gifts from your kitchen Freeze-ahead food for friends

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Enjoy time in the kitchen before you get too busy. Make your Christmas essentials now, and they'll improve with keeping

SARAH COOK, Deputy food editor

Festive baking

As-you-like-it Christmas cake

CUTS INTO 10-12 slices ● PREP 50 mins plus overnight soaking ● COOK 2¼-2½ hrs

Easy No need to freeze

1kg/2lb 4oz mixed dried fruit (any blend of raisins, sultanas, currants, mixed peel, dried cranberries, glacé cherries, chopped dried apricots, dates, dried figs or dried pineapple)
150ml/¼pt Sherry, brandy, rum or brewed tea, plus extra for feeding
zest and juice 2 oranges, 2 lemons or 4 clementines
250g pack unsalted butter, softened, plus extra for the tin
250g/9oz light brown soft sugar
2 tsp vanilla extract
4 eggs
200g/7oz plain flour
2 tsp mixed spice
100g/4oz whole or flaked almonds, chopped hazelnuts, walnuts or Brazil nuts (optional)

1 Put your chosen dried fruit mixture into a large bowl with your choice of alcohol or tea, citrus zest and juice. Mix well, cover and leave overnight.
2 Heat oven to 160C/140C fan/gas 3. Butter and double-line a deep cake tin – 20cm round or 18cm square – with enough baking parchment to come about 2.5cm above the top of the tin. Wrap the outside of the tin with a few sheets of newspaper, securing with staples or string – see *bbcgoodfood.com* for step-by-step instructions.
3 Beat the butter, sugar and vanilla until creamy, then beat in the eggs one by one. Tip in the flour, mixed spice, soaked dried fruit and any liquid from the bowl, plus your chosen nuts, if using. Stir everything together, then scrape into the cake tin. Using the back of your spoon, make a slight dent in the centre of the mixture, then bake for 1½ hrs.
4 Reduce oven to 140C/120C fan/gas 1, loosely cover the top of the cake with a double sheet of foil or baking parchment, and bake for another 45 mins-1 hr or until a skewer poked right to the bottom comes out clean. Cool in the tin, then lift out and wrap in greaseproof paper or baking parchment. *Keep in a cake tin with a tight-fitting lid, or wrapped in a large sheet of foil, in a cool, dark place for up to 6 months. Open the cake every week or two to feed by poking with a skewer in several places and dribbling over a little more of your chosen alcohol or tea.*

PER SERVING (10) 681 kcals, protein 8g, carbs 112g, fat 24g, sat fat 14g, fibre 3g, sugar 97g, salt 0.26g

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Figgy Christmas pudding

MAKES a 500ml, 1-litre and 2-litre pudding ● PREP 1 hr ● COOK 1-3 hrs
Easy No need to freeze

250g pack butter, softened, plus extra for the bowls and paper
750g/1lb 10oz dried figs
150ml/¼pt brandy
700g/1lb 9oz mixed sultanas and raisins (we used Waitrose mixed vine fruits from the Wholesome range)
3 eating apples, peeled, cored and grated
175g/6oz light muscovado sugar
175g/6oz dark brown soft sugar
200g/7oz breadcrumbs
200g/7oz self-raising flour
1 tbsp allspice

1 Butter a 500ml, a 1-litre and a 2-litre pudding bowl, then line the base of each with a circle of baking parchment. Butter 3 large sheets of greaseproof paper, lay each on a large sheet of foil butter side up, and fold a pleat in the middle of each – see *bbcgoodfood.com* for step-by-step instructions.
2 Roughly chop 250g of the figs and set aside. Put the remaining figs, butter and brandy into a food processor and whizz until smooth-ish, then scrape into your largest mixing bowl. Tip in the chopped figs, mixed vine fruits, grated apple, sugars, breadcrumbs, flour and allspice. Stir everything together, allowing as many helpers to give a stir and adding as many wishes as you like. Divide between the pudding bowls and smooth the surfaces.
3 Cover the puds with the buttered paper-foil sheets, tie with string and trim – see *bbcgoodfood.com*. Lower the puds into separate saucepans with upturned saucers or scrunched up bits of foil in the bottom (so the puds don't touch the bottom), then fill each pan with enough boiling water from the kettle to come halfway up the sides of the bowl. Cover with a lid and simmer the small pud for 1-1½ hrs, medium for 2-2½ hrs and large for 3 hrs, topping up the water as needed. Remove and leave to cool. If giving as a gift, put a new piece of parchment on top. *Will keep in a cool, dry cupboard for up to a year.*

PER 500ML PUDDING 1,262 kcals, protein 13g, carbs 228g, fat 34g, sat fat 21g, fibre 12g, sugar 184g, salt 1.57g

ON THE BIG DAY...

Steam the puds as above to reheat – they'll take half the time they took to cook, to heat through.





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Fruity mincemeat with almonds

MAKES just over 3 x 450g/1lb jars
PREP 15 mins • COOK 5 mins
Easy

4 Bramley apples, peeled, cored and grated
350g/12oz light muscovado sugar
zest and juice 1 orange
zest and juice 1 lemon
1 tsp ground cinnamon
¼ tsp each ground nutmeg, cloves and allspice
100g/4oz dried cranberries
100g/4oz sultanas
100g/4oz raisins
100g/4oz currants
100ml/3½fl oz brandy
85g/3oz flaked almonds
100g/4oz shredded suet or light shredded vegetable suet

1 Put the grated apple and any juices, sugar, and orange and lemon zests and juices into a large saucepan. Bring gently to a simmer, stirring until the sugar has melted. Turn off the heat and stir in the spices, dried fruit and brandy. Set aside until cool.
2 Once cool, stir in the almonds and suet. Divide between sterilised jars or plastic containers for the freezer. *Will keep unopened in the fridge for up to 3 months, or freeze for up to 6 months.*

PER TBSP 80 kcals, protein 1g, carbs 13g, fat 3g, sat fat 1g, fibre 1g, sugar 13g, salt 0.01g

From-the-freezer mince pies

MAKES 12 Easily increased
PREP 30 mins • COOK 20-22 mins
Easy

500g pack sweet or dessert shortcrust pastry
little plain flour, for dusting
about 300g mincemeat
splash of milk, for glazing

1 Roll out a little over half the pastry on a flour-dusted surface to about the thickness of a £1 coin. Stamp out circles of pastry to line the holes of a 12-hole bun tin – an 8cm cutter should be about right. Re-roll the trimmings until all 12 holes are lined.
2 Spoon a little mincemeat into each, then roll out the remaining pastry with a little more flour. Use a 6cm fluted or plain round cutter to cut out 12 lids. Top the mincemeat with the pastry lids, push around the edges to seal, then poke 1-2 small holes into each to allow steam to escape. Wrap the whole tray well in cling film. *Will keep in the freezer for up to 3 months.*
3 To cook, heat oven to 200C/180C fan/gas 6. Remove the mince pies from the freezer and brush the top of each with a little milk. Bake for 20-22 mins or until the pastry is golden and crisp and the filling piping hot.

PER PIE 272 kcals, protein 2g, carbs 37g, fat 14g, sat fat 5g, fibre 1g, sugar 20g, salt 0.22g

TOP THEM WITH SOMETHING DIFFERENT

Festive mince pies

Roll out the pastry for lids, sprinkle with **2 tbsp granulated sugar** and pat or re-roll into pastry slightly to stick. Use a small (3-4cm) star, holly or heart cutter, or a mixture, to stamp out 12 shapes. Top each pie with one, then freeze and bake from frozen as directed, left.

PER PIE 245 kcals, protein 1.8g, carbs 37g, fat 11g, sat fat 4g, fibre 1g, sugar 24g, salt 0.17g

Cinnamon crumble mince pies

In a small bowl, rub together **50g cubed butter, 7 tbsp plain flour, 5 tbsp demerara sugar** and **1½ tsp ground cinnamon.** Sprinkle over the mincemeat-filled pies, then freeze and bake from frozen as directed, left. Save the pastry you don't use for lids for a second batch of mince pies.

PER PIE 311 kcals, protein 2g, carbs 46g, fat 15g, sat fat 6g, fibre 1g, sugar 28g, salt 0.22g

Crunchy marzipan mince pies

Coarsely grate **100g block marzipan,** then toss through **50g toasted flaked almonds.** Sprinkle over the mincemeat-filled pies, then freeze and bake from frozen as directed, left.

PER PIE 294 kcals, protein 3g, carbs 41g, fat 14g, sat fat 4g, fibre 2g, sugar 28g, salt 0.18g



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Gifts from your kitchen



Save precious time nearer the big day by making some do-ahead foodie presents well in advance. These gifts can all be made 2-3 months ahead

LULU GRIMES, Food director

White chocolate chip fudge

MAKES 12 squares ● PREP 5 mins ● COOK 20 mins Moderately easy

Fudge makes a great present. You can wrap the whole block in cellophane and even make the tin part of your gift, or cut it into squares and box or bag it up. Use milk or dark chocolate chips, if you like.

500g/1lb 2oz golden caster sugar
500ml/18fl oz double cream
3 tbsp liquid glucose (available in most supermarkets and chemists)
140g/5oz white chocolate, cut into chunks (not too small or they'll melt completely)

1 Line a 22cm square non-stick tin with baking parchment. Put the caster sugar, double cream and liquid glucose in a pan. Slowly heat together, stirring continually, until the sugar melts and stops feeling grainy on the bottom of the pan. Turn up the heat and fast boil until a small amount of the mixture dropped into a glass of cold water sets into a soft ball that you can pick up on a teaspoon. By this time the bubbles in the mixture will look small and even.
2 Turn off the heat and keep stirring for 5 mins or until the mix starts to thicken a little. Sprinkle in the white chocolate and swirl it through the mixture once using a spatula or the handle of a wooden spoon. Pour into a tin and leave the fudge overnight to set, then turn out and cut into squares. *Will keep for up to 2 months in an airtight container – don't store in the fridge or the fudge will go soft.*

PER SERVING 444 kcals, protein 2g, carbs 54g, fat 26g, sat fat 15g, fibre 0g, sugar 53g, salt 0.08g

Mulling syrup

MAKES 2 x 400ml bottles ● PREP 5 mins plus cooling ● COOK 30 mins Easy

This spiced syrup works equally well for mulled wine or cider and is a doddle to prepare and serve. Use it yourself, or make up a kit as a gift by tying some cinnamon sticks to the neck of the bottle with ribbon, and accompanying it with a good red wine. You can buy nice preserving bottles from lakeland.co.uk.

250g/9oz caster or granulated sugar
2 oranges, halved
6 whole cloves
6 whole allspice
2 cinnamon sticks
¼ nutmeg, freshly grated
small piece ginger, sliced

1 Put all the ingredients into a saucepan with 1 litre water and bring slowly to a simmer, making sure all the sugar has been completely dissolved. Turn down the heat and simmer for 20 mins. Leave to cool, then strain through a very fine sieve.
2 Sterilise your bottles by washing them in hot soapy water, rinsing well, then drying them in a warm oven. Meanwhile, rewarm the syrup until just hot, then pour into the bottles while still hot and seal.
3 Before giving away, add labels with serving instructions: *Heat 400ml syrup with 750ml red wine or cider and some slices of orange or apple. Syrup will keep in a cool, dark place for up to 3 months.*

PER TBSP 15 kcals, protein 0g, carbs 4g, fat none, sat fat none, fibre none, sugar 4g, salt none

Spiced cranberry & pear relish

SERVES 4 x 250g jars ● PREP 10 mins ● COOK 30 mins Easy

This relish uses dried cranberries, as fresh are not always easy to find if you're making items early for Christmas. When fresh cranberries are available, swap them for the dried and increase the sugar by 50g/2oz.

1 onion, finely chopped
2.5cm/1in piece ginger, peeled and grated
175ml/6fl oz raspberry or cider vinegar
140g/5oz caster sugar
2 garlic cloves, sliced
½ tsp ground cinnamon
½ tsp ground coriander
½ tsp ground allspice
1 dried red chilli, crumbled, seeds removed if you prefer
300g/11oz dried cranberries
4 pears, cored and cubed, peel left on

1 Put all the ingredients except the pear in a non-reactive saucepan with a large pinch of salt. Bring it slowly to a simmer, stirring to make sure all the sugar has dissolved. Add the pear and continue cooking until the mixture has the consistency of thick jam.
2 Sterilise your jars and lids by washing them in hot soapy water, rinsing well and drying them in a warm oven. Spoon the hot relish into the hot jars and seal. Leave to cool. *Will keep unopened in a cool, dark place for up to 6 months. Once opened, relish is best eaten within 2 months.*

PER TBSP 86 kcals, protein none, carbs 22g, fat none, sat fat none, fibre 1g, sugar 21g, salt 0.01g

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Relaxed entertaining



Stock the freezer in the run-up to Christmas with these easy yet impressive party canapés

LUCY NETHERTON, Cookery assistant

Five easy nibbles

Spinach & feta falafel bites

MAKES 30 • PREP 30 mins • COOK 25 mins Easy V ❄

Pour a kettle of boiling water over **200g baby spinach** in a colander. When cool enough to handle, squeeze out any water – do this really well or your falafels will be too soft. Pulse in a food processor with **400g can drained chickpeas, 100g feta, 2 tsp cumin** and **100g plain flour** until just combined. Roll into tbsp-sized balls with well-floured hands, then flatten into patties.

Fry in batches in **vegetable oil** for 2-3 mins each side, then leave to cool. Place on a baking tray, cover with cling film and freeze. To serve, defrost in the fridge overnight and cook at 180C/160C fan/gas 4 for 5-10 mins. Serve with **tzatziki.**

PER FALAFEL 49 kcals, protein 2g, carbs 4g, fat 3g, sat fat 1g, fibre 1g, sugar none, salt 0.16g

Chicken skewers with satay dip

MAKES about 15 • PREP 10 mins • COOK 12 mins Easy ❄ skewers only

Take a **220g packet of mini chicken fillets**; slice any large ones into finger-size lengths. Mix with **2 tbsp each soy sauce** and **sweet chilli sauce**. Thread onto skewers, then place on a baking tray lined with baking parchment, cover with cling film and freeze.

To serve, defrost in the fridge overnight and cook at 200C/180C fan/gas 6 for 10-12 mins or until cooked through. For the dip, combine **4 tbsp each peanut butter** and **coconut milk.** Scatter the skewers with **coriander leaves** and **chopped peanuts**, if you like. Serve with the dip.

PER SKEWER 42 kcals, protein 4g, carbs 1g, fat 2g, sat fat 1g, fibre none, sugar 1g, salt 0.36g

Mini salmon & dill puffs

MAKES 24-30 • PREP 20 mins • COOK 30 mins Easy ❄

In a food processor, pulse a **185g pack poached salmon fillets, 200g full-fat soft cheese, small handful chopped dill** and some seasoning until just combined. Unroll a **375g sheet puff pastry** and cut into 3 pieces lengthways. Divide the filling along the middle of each piece, brush borders with **beaten egg,** then fold up and seal.

Cut each roll into 8-10 bite-size pieces, then place on a baking tray lined with baking parchment, cover with cling film and freeze. To serve, glaze with **beaten egg** and cook at 200C/180C fan/gas 6 for 25-30 mins until puffed and golden.

PER PUFF (24) 102 kcals, protein 3g, carbs 5g, fat 8g, sat fat 4g, fibre 0g, sugar 0g, salt 0.26g

Cheese & mustard straws

MAKES 28 • PREP 10 mins • COOK 30 mins Easy V ❄

Take a **375g sheet shortcrust pastry;** cover half with **50g grated cheddar cheese** and a **pinch each mustard powder** and **cayenne pepper.** Fold over like a book and roll lightly with a rolling pin to seal.

Cut into 1cm strips, then halve each strip and twist 2-3 times. Place on a baking tray lined with baking parchment, cover with cling film and freeze. To serve, brush with **beaten egg** and cook at 200C/180C fan/gas 6 for 25-30 mins or until golden and crisp.

PER STRAW 72 kcals, protein 2g, carbs 6g, fat 5g, sat fat 2g, fibre none, sugar none, salt 0.18g

Roasted red pepper shots

MAKES 30 • PREP 10 mins • COOK 30 mins Easy V ❄

Fry **1 roughly chopped onion** in **1 tbsp olive oil** for 8-10 mins, then add **3 crushed garlic cloves, 1 tbsp sugar** and **2 tbsp red pepper pesto** and cook for 1-2 mins. Tip in a **400g can peeled plum tomatoes** and a **295g jar roasted red peppers**, drained and roughly chopped. Pour in **200ml vegetable stock** and simmer for 10 mins. Season, then blend until smooth with a hand blender. Cool. Freeze in freezer bags or a microwavable container.

To serve, defrost in the fridge overnight, then reheat gently in a pan, or microwave for a few mins, stirring often, until hot. Serve in shot glasses, garnished with **basil leaves,** if you like.

PER SHOT 15 kcals, protein 1g, carbs 2g, fat 1g, sat fat none, fibre none, sugar 1g, salt 0.12g

TIPS FOR FREEZING

- All of these canapés can be frozen for up to 3 months.
- If you're short on baking trays, then once the canapés are frozen solid, transfer them to freezer bags.
- Make sure they are well wrapped or sealed to preserve them properly.
- Label everything clearly to remind yourself what you've frozen.

Turn the page for more freeze-ahead recipes for entertaining ▶

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Cheese & mustard straws

Roasted red pepper shots

Mini salmon & dill puffs

Spinach & feta falafel bites

Chicken skewers with satay dip



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Food for friends



Entertain entirely from the freezer with our mix & match starters and mains – plus a delicious dessert

BARNEY DESMAZERY, Food editor

Simple starters

Potted ham

SERVES 8 ● PREP 20 mins ●
COOK 5 mins Easy ❄

This is a great way to use up leftover ham. If you don't have individual pots, the mix can be set in a loaf tin lined with cling film, then turned out and served in slices.

250g pack unsalted butter
500g/1lb 2oz cooked ham
bunch curly parsley, leaves picked and finely chopped
small pinch ground cloves
pinch yellow mustard seeds
1 tbsp cider vinegar
rustic country bread toast, cornichons, chutney or red onion marmalade, to serve

1 Gently melt the butter in a small pan and leave it to settle. Slowly pour the clear yellow fat from the melted butter into a small bowl or jug, leaving the milky liquid in the pan. Discard the milky bit. Pull apart and shred the ham as finely as possible into stringy strips – use a knife to help if you need to.
2 Mix the ham with the parsley, spices, vinegar, two-thirds of the butter and a little crunchy sea salt. Divide between 8 small ramekins or pots. Press down and flatten the surface with your fingers, then spoon or pour over the remaining butter. Chill until butter is solid, then wrap in cling film. *Will freeze for up to 3 months.*
3 To serve, defrost the pots overnight in the fridge if frozen. Serve with toast, cornichons and chutney, or dip pots briefly in a bowl of hot water and turn the potted ham out onto plates first.

PER SERVING 316 kcals, protein 14g, carbs 1g, fat 29g, sat fat 17g, fibre none, sugar 5g, salt 2.05g

Watercress and celeriac soup with goat's cheese croutons

SERVES 6 ● PREP 15 mins ●
COOK 40 mins Easy V ❄

4 leeks, washed and sliced
50g/2oz butter
1 tbsp olive oil
1 celeriac, peeled and diced
1.5 litres/2¾pts vegetable stock
2 x 100g bags watercress
6 slices toasted baguette, 100g/4oz soft vegetarian goat's cheese and a few sprigs watercress, to serve

1 Gently cook the leeks in the butter and olive oil until soft but not coloured. Add the celeriac and stock, bring to the boil and simmer until the celeriac is soft. Add the bags of watercress and blend until smooth, then season. Cool. *Will freeze for up to 3 months.*
2 To serve, defrost the soup in the fridge overnight, then tip into a saucepan and reheat. Top each toasted baguette slice with some goat's cheese, then add a slice to each bowl with a sprig of watercress.

PER SERVING 255 kcals, protein 16g, carbs 17g, fat 14g, sat fat 7g, fibre 7g, sugar 5g, salt 1.71g



Double salmon roll

SERVES 6 ● PREP 40 mins ●
NO COOK Moderately easy ❄

The key to getting perfect slices is to cut the roll when it is just slightly thawed through the cling film, then leave it to defrost completely and remove the strip of cling film once you have put the slice on the plate.

160g pack hot-smoked salmon
2 tsp hot horseradish
juice ½ lemon
200g tub full-fat soft cheese
½ bunch chives, finely snipped
400g/14oz sliced smoked salmon
200g bag mixed leaves, ½ bunch chives, thickly snipped, your favourite dressing, and Melba toast, to serve

1 Flake the hot-smoked salmon into a bowl, discarding the skin. Add the horseradish, lemon juice, soft cheese, finely snipped chives and some seasoning and beat well until combined to a rough mousse texture.
2 Lay 2 sheets of cling film overlapping on your work surface, then lay the sliced smoked salmon out to make a rectangle about 20 x 50cm. Dollop the hot-smoked salmon mix over and gently spread over evenly. Use the edge of the cling film to roll the long side of the rectangle into itself, then roll up like a Swiss roll. Wrap in the film, twisting the ends like a cracker to secure and hold the shape. *Freeze for up to a month.*
3 Transfer the roll from the freezer to the fridge the day before you want to serve it. While still semi-frozen, cut into thick slices, lay on a tray, then leave to defrost completely in the fridge. Serve with leaves mixed with chives and a little dressing, and some Melba toast.

PER SERVING 327 kcals, protein 24g, carbs none, fat 26g, sat fat 13g, fibre none, sugar none, salt 4.07g

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All freeze beautifully

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Freeze-ahead mains

Mushroom, shallot & squash pie

SERVES 6 ● PREP 50 mins plus cooling ● COOK 2 hrs Easy V ❄

25g/1oz dried porcini mushrooms
600g/1lb 5oz shallots, halved
1 tbsp olive oil
100g/4oz butter
1 butternut squash, peeled, deseeded and diced
2 garlic cloves, finely chopped
2 tsp finely chopped rosemary
2 tsp finely chopped sage
250g/9oz fresh mushrooms (such as Portobello or chestnut), sliced
50g/2oz plain flour, plus a little extra for dusting
500ml/18fl oz vegetable stock
500g pack puff pastry
1 egg, beaten

1 Soak the dried mushrooms in 250ml boiling water. Meanwhile, soften the shallots in the olive oil and a third of the butter for 10 mins. Add the squash and cook for a further 10 mins until softening, then add the garlic and herbs and cook for 2 mins more. Set aside.
2 In another pan, fry the fresh mushrooms in another third of butter until softened. Strain the porcini, reserving the soaking liquid, then roughly chop and add to the cooked mushrooms. Fry for 2 mins, then remove from the pan and set aside.
3 Melt the remaining butter in the same pan, stir in the flour for 2 mins, then gradually stir in the stock and mushroom soaking liquid. Bring to the boil, stirring, and cook for 2-3 mins until thickened. Combine the sauce with all the veg, then transfer the mixture to a 2-litre rectangular pie dish and cool.
4 Roll out the pastry on a floured surface until big enough to cover the pie dish. Cover the pie, trimming the excess pastry, then wrap well in cling film. *Will freeze for up to 2 months.*
5 To cook, defrost the pie thoroughly in the fridge overnight if frozen. Heat oven to 200C/180C fan/gas 6, glaze the pastry with a little egg and bake for 30-40 mins or until golden and hot through.

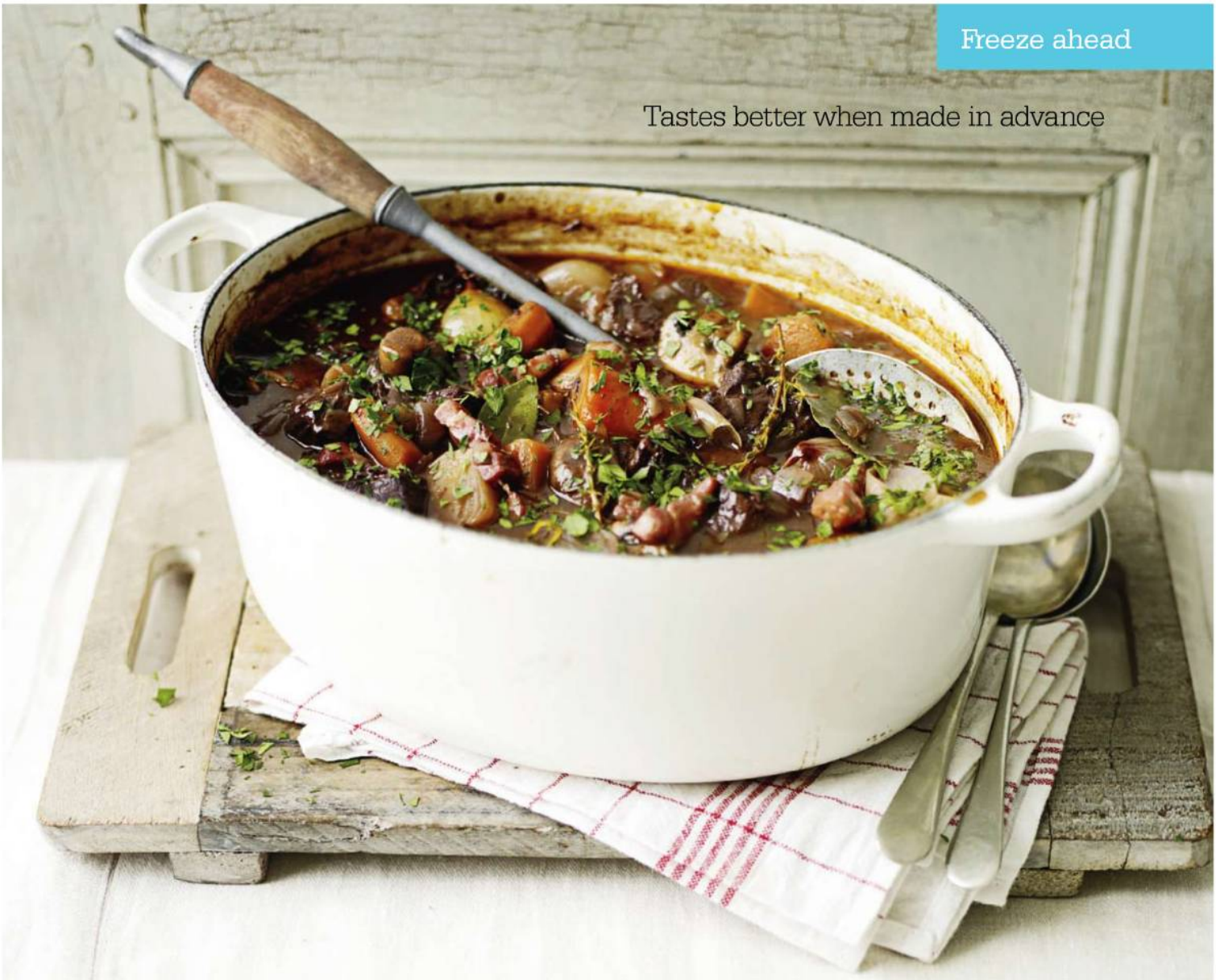
PER SERVING 610 kcals, protein 12g, carbs 51g, fat 42g, sat fat 21g, fibre 7g, sugar 12g, salt 1.32g



Vegetarian main course for a crowd

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Tastes better when made in advance



Beef bourguignon

SERVES 6 ● PREP 45 mins plus overnight marinating ● COOK 3½ hrs Easy ❄

The secret to my Beef bourguignon is to use all wine and no stock. This makes it really rich.

1.6kg/3lb 8oz braising steak, cut into large chunks
3 bay leaves
small bunch thyme
2 bottles cheap red wine
2 tbsp oil
3 large or 6 normal carrots, cut into large chunks
2 onions, roughly chopped
3 tbsp plain flour
1 tbsp tomato purée
TO SERVE
small knob butter
300g/11oz bacon lardons
500g/1lb 2oz pearl onions or small shallots, peeled
400g/14oz mushrooms, halved
chopped parsley

1 Tip the beef into a large bowl with the bay leaves, thyme, wine and some pepper, then cover and leave in the fridge overnight.

2 Heat oven to 200C/180C fan/gas 6. Place a colander over another large bowl and strain the marinated meat, keeping the wine. Heat half the oil in a large frying pan, then brown the meat in batches, transferring to a plate once browned. When all the meat is browned, pour a little wine into the now-empty frying pan and bubble to release any caramelised bits from the pan.

3 Heat the rest of the oil in a large casserole and fry the carrots and chopped onions until they start to colour. Stir in the flour for 1 min, then add the tomato purée. Add the beef and any juices, the wine from the frying pan and the rest of the wine and herbs. Season and bring to a simmer. Give everything a good stir, then cover. Transfer to the oven and bake for 2 hrs until the meat is really tender. Cool. *Will freeze for up to 3 months.*

4 To serve, defrost completely overnight in the fridge if frozen, then place on a low heat to warm through. Meanwhile, heat the butter in a frying pan and add the bacon and pearl onions. Sizzle for about 10 mins until the bacon starts to crisp and the onions soften and colour. Add the mushrooms and fry for another 5 mins, then stir everything into the stew and heat for 10 mins more. Serve scattered with chopped parsley.

PER SERVING 767 kcals, protein 67g, carbs 16g, fat 39g, sat fat 16g, fibre 4g, sugar 11g, salt 2.09g

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Bake-ahead pud

MAKE OUR COVER RECIPE

Raspberry Bakewell slice
SERVES 10 • PREP 45 mins • COOK 35 mins Easy

This is perfect for pud with custard, and leftovers are great with a cup of tea. For a lovely golden colour, use Guernsey butter, which has a very soft texture at room temperature, making it easy to mix.

375g pack sweet shortcrust pastry
5 tbsp thick seedless raspberry jam
100g/4oz frozen raspberries, just thawed
25g/1oz flaked almonds
4 tbsp apricot jam
FOR THE SPONGE
200g/7oz butter, very soft, plus a little extra for the tin
200g/7oz golden caster sugar
100g/4oz ground almonds
100g/4oz self-raising flour
1 tsp baking powder
½ tsp almond extract
4 eggs, beaten

1 Heat oven to 200C/180C fan/gas 6. Line the base and sides of a buttered traybake tin, about 18-20cm x 30cm, with baking parchment. Roll out the pastry to line. Lift into the tin and evenly press right into the corners. Prick with a fork and chill for 20 mins.
2 Bake the pastry for 8-10 mins until it's cooked but not too coloured. Cool for a few mins and turn down the oven to 180C/160C fan/gas 4. Dot the raspberry jam over the pastry (there's no need to spread) and scatter over the raspberries.
3 For the sponge, put all the ingredients into a large bowl and beat with an electric whisk until soft and very well mixed. Spoon this over the raspberry layer, then smooth evenly. Scatter over the flaked almonds and bake for 35-40 mins until golden and firm. Cool completely in the tin. *Will freeze for up to 3 months – overwrap the tin with baking parchment and foil beforehand.*
4 To serve, thaw for 4 hrs at room temperature, then reheat in a low oven. Melt the apricot jam with 1 tbsp water and brush over the top of the sponge just before serving.

PER SERVING 595 kcals, protein 9g, carbs 57g, fat 38g, sat fat 16g, fibre 2g, sugar 36g, salt 0.76g



Recipe SARA BUENFELD Photographs MYLES NEW
Food stylist SILVANA FRANCO Stylist SUE ROWLANDS

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Model shown KM010

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5 ways to top a spud

Exciting new toppings for jacket potatoes – a simple, filling supper that's also great for Bonfire Night

Photograph WILL HEAP

Smoky bacon beans

SERVES 4 ● PREP 5 mins ● COOK 15 mins

Easy

Dice **4 smoked streaky bacon rashers** and **1 onion**, then fry until the onion is soft. Stir in **2 x 400g cans baked beans** and **1 tsp each brown sugar, mild chilli powder** and **paprika**. Warm through and divide between 4 jacket potatoes. Top each with a dollop of **soured cream** and a **few snipped chives**.

PER SERVING 520 kcals, protein 22g, carbs 92g, fat 10g, sat fat 4g, fibre 13g, sugar 17g, salt 2.26g

Houmous & roasted red pepper

SERVES 2 ● PREP 2 mins ● NO COOK

Easy V **Superhealthy** High in fibre, counts as 1 of 5-a-day, low fat

Fill 2 jacket potatoes with **rocket leaves, roasted red pepper strips** from a jar and **2 tbsp of your favourite houmous**. Finish with a **squeeze of lemon juice** and a **pinch of paprika**.

PER SERVING 304 kcals, protein 9g, carbs 60g, fat 5g, sat fat 1g, fibre 7g, sugar 4g, salt 0.62g

Cheddar, pickle & onion

SERVES 1 ● PREP 5 mins ● NO COOK

Easy V

Top 1 jacket potato with **50g grated cheddar, 1 tbsp crunchy pickle or chutney** and **1 sliced spring onion**.

PER SERVING 476 kcals, protein 20g, carbs 63g, fat 18g, sat fat 11g, fibre 5g, sugar 8g, salt 1.59g

Corn, chilli & avocado salsa

SERVES 2 ● PREP 10 mins ● NO COOK

Easy V **Superhealthy** High in fibre, counts as 2 of 5-a-day

Drain **198g can sweetcorn** and mix with **1 diced avocado, 1 small chopped red chilli, juice 1 lime, 1 tbsp finely chopped red onion** and a **small handful coriander leaves**. Season and pile into 2 jacket potatoes or 2 baked sweet potatoes.

PER SERVING 451 kcals, protein 10g, carbs 75g, fat 15g, sat fat 2g, fibre 8g, sugar 11g, salt 0.63g

Salmon & soft cheese

SERVES 1 ● PREP 5 mins ● NO COOK

Easy

Mix **50g light soft cheese** with **a squeeze lemon juice** and seasoning. Pile into a jacket potato and flake **1 hot-smoked salmon fillet** on top. Sprinkle with **1 heaped tsp capers** and **a little lemon zest**.

PER SERVING 580 kcals, protein 29g, carbs 60g, fat 27g, sat fat 9g, fibre 5g, sugar 4g, salt 3g

Bake a perfect potato

Heat oven to 220C/200C fan/gas 7. Rub a little oil and seasoning over the potatoes, then bake on a baking sheet for 25 mins. Turn down the oven to 190C/170C fan/gas 5 and bake for 1 hr-1 hr 15 mins more until the flesh is tender and the skin crisp and golden.

For a quicker option, prick a potato with a fork. Wrap in a sheet of kitchen paper and microwave on High for 8-10 mins until soft inside. For crisp skin, rub with a little oil, then flash under a hot grill, turning often.

To serve, slice a cross in the centre, squeeze the base to 'pop' the top, then choose your favourite filling.



Salmon & soft cheese

Food styling VAL BARRETT | Styling JO HARRIS

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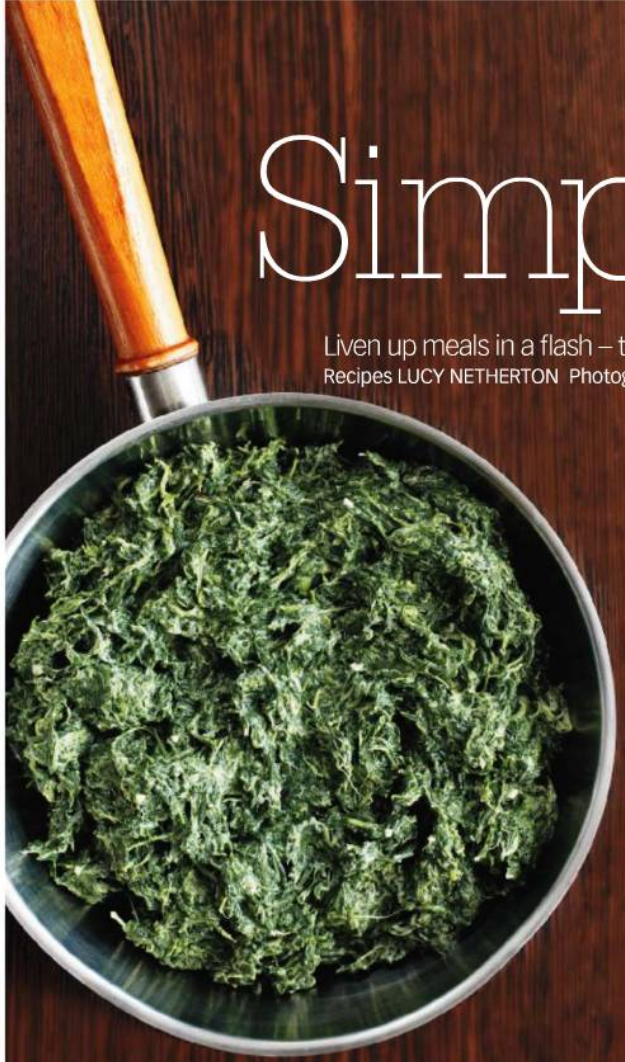
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Simple sides

Liven up meals in a flash – these superhealthy sides take just 15 minutes to prepare

Recipes LUCY NETHERTON Photograph LIS PARSONS



Easy creamed spinach

SERVES 4-6 ● PREP 5 mins ● COOK 10 mins

Easy V **Superhealthy** Good source of calcium and vit C, counts as 1 of 5-a-day

200g tub light soft cheese with garlic and herbs
1kg bag frozen spinach, defrosted and drained well
pinch of nutmeg

Gently melt the soft cheese in a medium saucepan. When melted, add the spinach and stir well to combine. Heat gently until warmed through. Add the nutmeg, season, then serve immediately.

Great with Minced beef cobbler, p56

PER SERVING 150 kcals, protein 11g, carbs 5g, fat 10g, sat fat 5g, fibre 5g, sugar 5g, salt 1.40g



Rosemary & garlicky lentils

SERVES 4 ● PREP 5 mins ● COOK 10 mins

Easy V **Superhealthy** High in fibre, counts as 1 of 5-a-day

2 tbsp olive oil
1 tbsp rosemary leaves, finely chopped
2 garlic cloves, crushed
2 x 400g tins lentils, drained
juice ½ lemon

Heat the oil in a medium pan. Fry the rosemary and garlic for 1-2 mins until fragrant. Tip in the lentils and cook for a few mins until heated through. Add the lemon juice, season and serve hot or cold.

Brilliant with One-pot roast guinea fowl, p124

PER SERVING 157 kcals, protein 8g, carbs 18g, fat 6g, sat fat 1g, fibre 8g, sugar 1g, salt 1.27g



Waldorf slaw

SERVES 6-8 ● PREP 15 mins ● NO COOK

Easy V **Superhealthy** Good source of vit C, counts as 1 of 5-a-day

1 small white cabbage, shredded
4 sticks celery, sliced
2 green apples, peeled and diced
handful grapes, halved
6 tbsp light mayo
1 tbsp white wine vinegar
50g walnuts, roughly chopped

In a large bowl, combine the cabbage, celery, apples and grapes. Mix the mayo with the vinegar and season. Stir it into the vegetables so that they are well coated. Sprinkle on the walnuts and serve. *Will keep in the fridge for up to 3 days.*

Perfect with Slow roast pork, p106

PER SERVING (for 6) 138 kcals, protein 3g, carbs 10g, fat 10g, sat fat 1g, fibre 3g, sugar 9g, salt 0.42g

Food styling KATE CALDER | Styling SUE ROWLANDS

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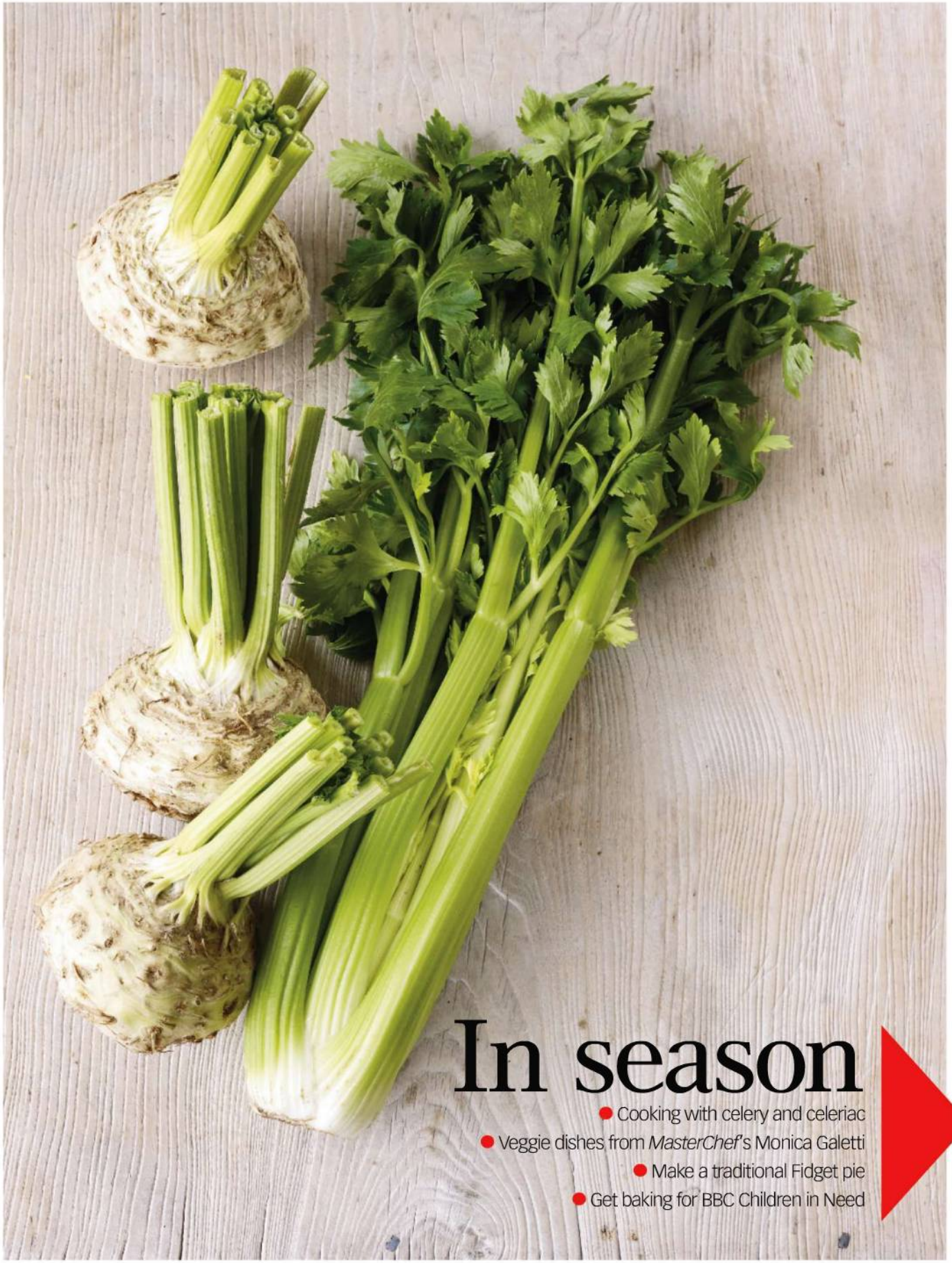
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In season

- Cooking with celery and celeriac
- Veggie dishes from *MasterChef*'s Monica Galetti
- Make a traditional Fidget pie
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Celery & celeriac



These two British veg are delicious both raw and cooked, but rather underused. Make more of them with **Barney Desmazery**'s recipes

Photographs PETER CASSIDY



Celery 'string' blue cheese & walnut salad

SERVES 6 ● PREP 20 mins ● NO COOK

Easy V

1 head celery
1 green apple
100g/4oz hard blue cheese, crumbled or vegetarian blue cheese
100g/4oz walnuts, chopped
FOR THE DRESSING
6 tbsp soured cream
2 tbsp cider vinegar

1 Make the dressing by combining the soured cream and vinegar with some seasoning.
2 Get a large bowl of iced water ready. Break the celery down into sticks and set aside any of the tender leaves from the middle. Using a swivel blade peeler, peel each stick of celery, discarding the first stringy layer. Continue to make 'strings' or ribbons and tip these into the iced water until needed. Cut the apple into thin slices, discarding the core, then cut the slices into thin matchsticks.
3 Drain the celery and toss in a large bowl with the dressing, apple and most of the cheese and walnuts. Spread the salad onto a platter and scatter with the remaining walnuts, blue cheese and celery leaves.

PER SERVING 230 kcals, protein 7g, carbs 4g, fat 20g, sat fat 7g, fibre 2g, sugar 4g, salt 0.5g

HEALTHY BENEFITS

Celery is packed with heart-friendly nutrients, such as potassium and magnesium. It provides protective compounds, known as coumarins, which help to manage cholesterol, lower blood pressure and may alleviate the pain of migraine. Celery is also a good source of beta-carotene from the green outer stalks.

Food styling CAROL TENNANT | Styling SUE ROWLANDS | Healthy benefits KERRY TORRENS

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Roast chicken with braised celery hearts

SERVES 4 • PREP 10 mins •
COOK 1 hr 45 mins Easy

Some supermarkets sell celery hearts already prepared, but you can do this yourself by stripping the first few layers of stalks down to get to the heart, then cutting off the tops and trimming the base. Use all the trimmings to make the salad, left.

1 tbsp butter
4 whole celery hearts, halved lengthways
3 carrots, chopped
4 bay leaves
few thyme sprigs
6 garlic cloves, skin left on
600ml/1pt fresh chicken stock
1 chicken, weighing 1.5kg/3lb 5oz
small bunch parsley, chopped

1 Heat oven to 200C/180C fan/gas 6. Heat the butter in a large shallow ovenproof casserole dish and fry the celery and carrots on a medium heat for 4-5 mins. Add the bay, thyme, garlic and seasoning, then pour over the stock. Bring to a simmer, then turn off the heat.
2 Sit the chicken in the dish, nestling it into the veg. Season well, transfer to the oven and roast for 1 hr 40 mins until the skin is golden. Remove to a board to rest for 20 mins.
3 To serve, reheat the celery and sauce, scatter with parsley and tip into a serving dish. Carve the chicken into portions and serve on a board with the celery for everyone to help themselves.

PER SERVING 581 kcals, protein 53g, carbs 8g, fat 38g, sat fat 12g, fibre 4g, sugar 7g, salt 1.2g

Chicken, veg and sauce all cooked in one pan



New idea for a no-cook starter

Celeriac tartare with smoked trout

SERVES 4 ● PREP 20 mins ● NO COOK

Easy

This is a twist on remoulade – probably the best-known celeriac recipe – where raw sticks of celeriac are tossed in a dressing. Served with flaked smoked fish and dressed leaves, it makes an easy starter.

1 small celeriac
2 x 125g packs smoked trout, flaked
100g bag rocket
extra virgin olive oil, to drizzle
FOR THE TARTARE DRESSING
6 tbsp mayonnaise
small handful capers, rinsed and chopped
2 tbsp lemon juice
2 tbsp cornichons, finely chopped
small handful parsley leaves, finely chopped

Combine all the ingredients for the tartare dressing with some salt and set aside. Peel the celeriac and, either finely slice it, then cut into matchsticks, or simply grate it coarsely. Mix the celeriac into the dressing until combined. Place piles of smoked trout, celeriac and rocket onto serving plates and drizzle everything with olive oil.

PER SERVING 350 kcals, protein 16g, carbs 5g, fat 30g, sat fat 5g, fibre 6g, sugar 3g, salt 2.45g

Cheesy celeriac, potato & bacon pie

SERVES 8 ● PREP 40 mins ● COOK 40 mins

Moderately easy ❄ unbaked

This type of puff pastry pie is called a pithivier. To make it veggie, omit the bacon and use vegetarian cheese.

2 small or 1 large celeriac, peeled, halved and sliced (see Celeriac on p76)
2 large potatoes, sliced
150ml pot double cream
few rosemary sprigs, leaves chopped
2 x 500g packs puff pastry
150g/4oz Gruyère, finely sliced
4 smoked streaky bacon rashers, cut into small chunks
1 egg, beaten

1 Heat oven to 200C/180C fan/gas 6. Put the celeriac and potatoes in a large pan, cover with salted water and bring to the boil. Turn down the heat and simmer until just tender, about 5 mins. Drain, then toss with the cream, rosemary and seasoning. Set aside.

2 Roll one of the blocks of pastry until just bigger than a large dinner plate, cut into a neat circle and place onto a flat baking sheet. Leaving a 3cm border, spread out a layer of celeriac and potatoes, top with some cheese and bacon, then repeat the layers until all the ingredients are piled up.

3 Roll out the second block of pastry large enough to completely cover the bottom sheet and filling with some overhang. Brush the bottom border with a little of the egg, then drape the pastry sheet over, pushing down to seal the edges. Trim off the excess with a sharp knife and crimp edge together with a fork. *Can be made a day ahead and chilled before baking or frozen for up to 1 month. Defrost completely before baking.*

4 Pierce a steam hole in the top of the pie, brush all over with remaining egg and score the pastry lightly with spoke marks, if you like. Bake for 25 mins until golden brown. Stand for 5 mins before serving.

PER SERVING 690 kcals, protein 16g, carbs 44g, fat 51g, sat fat 26g, fibre 7g, sugar 4g, salt 2.05g

TASTE TEAM COMMENT



'I'd never tasted celeriac before, and my wife and I enjoyed the flavours of this pie. It was delicious hot, but we both preferred it cold.' DARREN

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Prepare-ahead main course for a crowd



Lovely alternative to mashed potato

Smashed celeriac

SERVES 4 as a side dish ● PREP 10 mins ● COOK 45 mins Easy V **Superhealthy**
High in fibre, counts as 1 of 5-a-day
This seasonal side dish goes beautifully with a roast, alongside sausages instead of mash or with baked meaty fish like pollack or hake.

5 tbsp olive oil
4 garlic cloves, very finely sliced
2 red chillies, deseeded and finely chopped
few thyme sprigs
2 small or 1 large celeriac, peeled and cut into 1cm cubes (see Celeriac, right)
splash of white wine (optional)

1 Heat the oil in a shallow pan and sizzle the garlic for 1 min until fragrant. Add the chilli, thyme and celeriac. Toss everything to coat in the oil, then season with salt.
2 Turn the heat down to a minimum, cover the pan and cook everything really gently for 40 mins or until soft enough to squash. Stir occasionally and add a splash of white wine or water if it starts to catch. When cooked, crush the celeriac lightly with a wooden spoon and serve. *The celeriac may now be left to cool in the pan – reheat on the hob with a drizzle more oil.*

PER SERVING 171 kcals, protein 3g, carbs 7g, fat 15g, sat fat 2g, fibre 9g, sugar 5g, salt 0.58g

HEALTHY BENEFITS

Celeriac supplies folic acid as well as the bone-building nutrients calcium, magnesium, phosphorus and vitamin K – so is especially beneficial for expectant mothers. Richer in carbohydrate than celery, it is an excellent source of vitamin C and fibre.

Celery and celeriac are both cultivated forms of wild celery.

Celery

Celery works well in many dishes, adding crunch to salads when raw, and a savoury flavour to dishes when cooked. Chopped with carrot and onion it makes the base of many French (mirepoix) and Italian (soffrito) recipes.

When shopping, look for tightly packed heads with ridged stalks – avoid anything droopy or with stringy splits or cracks.

The outer stalks are the stringiest so peel them really well. The best way is with a swivel blade peeler. Use outer leaves to flavour stocks and soups while the tender, smaller inner leaves and stalks are delicious in salads.

• **Goes well with** blue cheese, pears, apples, chillies, pulses, walnuts, and poultry and game birds.

Celeriac

As we're increasingly demanding British-grown seasonal produce, more supermarkets are stocking celeriac.

Celeriac can vary in size with larger heads being double the size of smaller ones. The very thick skin needs to be peeled away, so you'll need to buy quite a large one to end up with enough of the peeled weight required. Avoid those with squishy patches of bruising or which look like they're drying out. Celeriac is very robust and will keep in your vegetable rack for up to two weeks.

To prepare, peel away the skin and knobbly bits of muddy root on the bottom. Then trim the top and bottom with a medium sharp knife so it sits steadily, then carve the skin off in strips around the side, cutting away any deeper grooves as you go. Once peeled, the white flesh will brown very quickly, so if you're not using it straight away, toss it in a little lemon juice or white wine vinegar mixed with some water.

Celeriac has a mildly nutty, celery flavour that is great eaten raw in seasonal salads. When cooked it becomes soft and creamy, and it's ideal mashed or roasted.

• **Goes well with** thyme, rosemary, parsley, bacon, smoked fish, cream, garlic, hazelnuts and walnuts, apples and other root vegetables.

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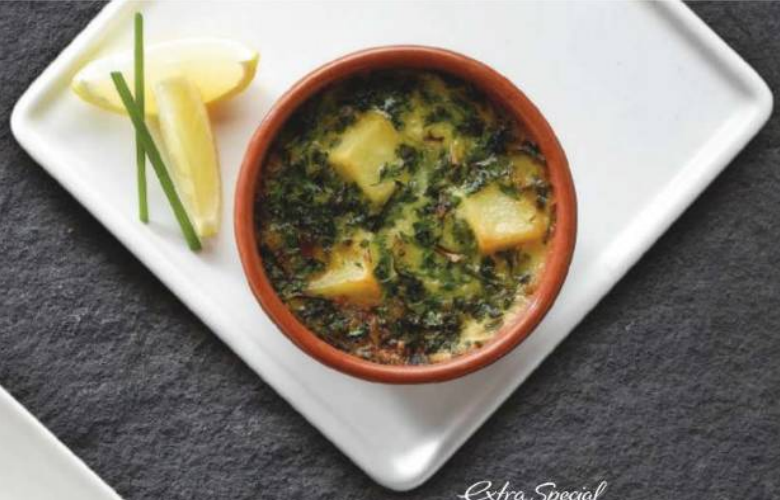
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Sugar & spice

This glorious treat has all the flavours of a traditional steamed pudding, but is baked in the oven Recipe SARA BUENFELD Photograph LIS PARSONS

Sticky pear & ginger cake

SERVES 8-10 ● PREP 1 hr 10 mins including cooling ● COOK 1 hr 20 mins

Easy

This is a cross between a sticky toffee pudding and a ginger cake. Serve warm with ice cream or cream as a dessert.

FOR THE CAKE
250g/9oz stoned dates, finely chopped
300ml/½pt milk
100g/4oz butter, plus extra for the tin
140g/5oz ginger preserve (you'll find this with the jams)
140g/5oz dark muscovado sugar
3 large ripe pears (we used Conference)
175g/6oz self-raising flour
50g/2oz pecan nuts, reserve 10 and chop the rest
1 tsp bicarbonate of soda
2 tsp ground ginger
½ tsp mixed spice
2 eggs, beaten
FOR THE BRANDY SYRUP
85g/3oz light muscovado sugar
150ml/¼pt brandy

1 Put the chopped dates in a pan with the milk, butter, ginger preserve and dark muscovado. Heat gently until the butter has melted and the mixture starts to bubble round the edges of the pan. Stir well and set aside for 1 hr to cool.
2 Heat oven to 180C/160C fan/gas 4. Line the base of a buttered 23cm springform tin with baking parchment. Peel and chop the pears into large chunks. Mix the flour, chopped pecans and bicarb with the spices, then stir into the cooled date mixture with the eggs. Pour into the tin and scatter over the pears. Roughly break the reserved pecans and drop on top. Bake for 40 mins, then cover the top loosely with foil and return to the oven for 25-30 mins more until a skewer inserted into the centre comes out with just sticky crumbs – the cake may still look a little wet around the pears.
3 While the cake is baking, make the brandy syrup. Tip the light muscovado sugar into a pan with 50ml water and dissolve over a low heat until syrupy. Stir in the brandy and set aside. When the cake is ready, spoon over half the syrup, then leave the cake to cool before serving with extra syrup on the side.
4 *To freeze, cool the cake in its tin, then wrap well and freeze for up to 3 months. Defrost and warm through in a low oven. The syrup can be frozen separately, warmed, then drizzled over as before.*

PER SERVING (8) 521 kcals, protein 7g, carbs 89g, fat 13g, sat fat 7g, fibre 3g, sugar 72g, salt 0.64g



Food styling SARA BUENFELD | Styling LISA HARRISON

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The modern Vegetarian



BBC *MasterChef* judge **Monica Galetti** gives vegetarian food the Michelin-star touch

Photographs DAVID MUNNS

Parsnip soup with parsley cream

SERVES 6 ● PREP 40 mins ● COOK 45 mins

Easy V ❄ soup only

1 tbsp olive oil
1 onion, finely chopped
700g/1lb 9oz parsnips, cut into chunks
3 bay leaves
400ml/14fl oz milk
400ml/14fl oz vegetable stock
FOR THE PARSLEY PUREE & CREAM
2 x 80g packs curly parsley
150ml/¼pt double cream
150ml/¼pt whipping cream, whipped to soft peaks
FOR THE GARNISH
1 parsnip, cut into small cubes
1 tbsp olive oil



Rich and velvety

1 Heat the oil in a saucepan and fry the onion until soft but not coloured. Stir in the parsnips, bay leaves, milk and stock, bring to the boil and simmer gently until the parsnip is very soft. Remove the bay leaves and drain off, but reserve, the liquid. Whizz the parsnips in a blender, adding a little of the cooking liquid at a time until smooth. Keep adding liquid until you reach a lovely soup consistency that's not too thick.

2 For the parsley purée and cream, blanch the parsley in boiling salted water for 30 secs, then refresh in ice water – this keeps the green colour. Repeat this twice. Bring the double cream to the boil. Squeeze out any water from the parsley, then whizz in a clean blender, slowly adding the hot cream until it's as smooth as you can get it. Cool. Fold a little of the parsley purée through the whipped cream until nice and green. Season and chill. Keep the remaining purée for serving.

3 For the garnish, blanch the parsnip cubes in boiling water for 2 mins, then drain. Heat the olive oil in a pan, and fry the cubes until golden. Keep warm.

4 To serve, reheat the parsnip soup and season to taste. Place a little of the parsley purée into each of 6 shallow soup bowls, followed by the soup, a spoonful of the parsley whipped cream and some fried parsnip cubes.

PER SERVING 393 kcals, protein 7g, carbs 25g, fat 30g, sat fat 15g, fibre 8g, sugar 15g, salt 0.32g

Butternut squash in potato cannelloni

SERVES 2-3 ● PREP 2 hrs ● COOK 45 mins

For the confident cook V

1 large King Edward potato, peeled
25g/1oz clarified butter (see tip opposite)
FOR THE FILLING
200g/7oz butternut squash, peeled and cut into 1cm chunks (set 25g/1oz aside)
85g/3oz swede, peeled and cut into 1cm chunks (set 25g/1oz aside)
85g/3oz pumpkin, peeled and cut into 1cm chunks (set 25g/1oz aside)
2 tbsp olive oil
25g/1oz unsalted butter, plus extra
½ onion, finely chopped
1 garlic clove, finely chopped
½ tsp finely chopped rosemary
½ tsp finely chopped sage
FOR THE CHESTNUT PUREE
1 tbsp butter
140g/5oz cooked chestnuts
100ml/3½fl oz vegetable stock
FOR THE TEMPURA SAGE
85g/3oz plain flour
1 tbsp cornflour
200ml/7fl oz chilled sparkling water
vegetable oil, for frying
sage leaves

1 Thinly slice the potato lengthways. You need about 15 slices – make extra in case you break a few. Trim the sides to make 6 x 12cm rectangles. Blanch in salted boiling water for 1 min, then remove and set aside. Blanch the 25g each squash, swede and pumpkin for 1 min. Refresh in cold water, drain and set aside.

2 Heat 1 tbsp olive oil in a large pan. Cook the remaining swede for a few mins until slightly coloured, then add the remaining squash and pumpkin and fry until lightly browned. Add the 25g butter and onion and cook for 5 mins, then add the garlic, rosemary, sage and some seasoning. Cover and cook for 5-10 mins until the veg are soft. Set aside.

Food styling JENNIFER JOYCE | Styling JENNY IGGLEDEN



Smart dish for two

3 For the chestnut purée, heat the butter in a pan until foaming, then cook the chestnuts until golden and caramelised. Remove a few for the garnish, then add the stock and bring to the boil. Blend until smooth, then season.

4 To assemble cannelloni, brush potato slices with clarified butter on both sides. Place a spoonful of squash mix on one end of each slice and roll up. (Don't overfill or they won't hold their shape.) Sit them on a tray lined with baking parchment, seam-side down, cover, set aside or chill.

5 To serve, heat oven to 200C/180C fan/gas 6. Cook cannelloni on the tray for 10-12 mins, then brown under a low grill.

6 Meanwhile, for the tempura sage, whisk together the flour, cornflour and sparkling water. Heat a layer of vegetable oil in a small, deep saucepan. Dip the sage leaves in the batter, then fry until crispy. Remove to kitchen paper, lightly season and keep warm.

7 Heat the remaining tbsp olive oil and fry the reserved vegetables until golden. Season, add a little butter and the reserved chestnuts, and keep warm. Reheat the chestnut purée, then spread onto 2-3 plates. Arrange some cannelloni, vegetable mix and tempura sage on top.

PER SERVING (2) 834 kcals, protein 10g, carbs 95g, fat 49g, sat fat 20g, fibre 9g, sugar 15g, salt 0.29g

Clarified butter

To make clarified butter, gently heat 125g unsalted butter in a small pan over a low heat until melted. Turn off the heat. Skim off all the froth from the surface. You will now see a clear yellow layer on top of a milky layer.

Carefully pour the clear fat into a bowl or jug – this is your clarified butter – leaving the milky residue in the pan. This will make more than you need for the recipe, left, but clarified butter is easily reused and will keep for several weeks in the fridge.



Incredible flavours

Wild mushroom lasagne with a Parmesan cream

SERVES 6 ● PREP 1 hr plus chilling ● COOK 50 mins

For the confident cook V

1 tbsp olive oil
600g/1lb 5oz wild mushrooms
50g/2oz unsalted butter, plus extra knob for frying
50g/2oz plain flour
500ml/18fl oz milk
2 egg yolks
25g/1oz Gruyère or vegetarian alternative, grated
25g/1oz cheddar or vegetarian alternative, grated
3 large sheets fresh pasta (about 12 x 20cm), cooked
FOR THE PARMESAN CREAM
200ml/7fl oz double cream
100g/4oz butter
50g/2oz Parmesan or vegetarian alternative, grated
a little milk
FOR THE CONFIT PEPPERS
3 mixed peppers, peeled, deseeded and thinly sliced
olive oil, for frying

1 Heat the olive oil in a large pan and fry the mushrooms for a few mins until lightly browned. Drain, return to the pan with the knob of butter, toss through, then season and set aside.
2 Melt 50g butter in a small pan until foaming, add the flour, stirring well, and cook for 1 min. Stir in the milk and cook for about 4 mins, stirring continuously, until thickened. Whisk in the egg yolks and heat until bubbling. Remove from heat, stir in Gruyère and cheddar, season, then fold through the mushrooms.
3 To assemble, line a terrine or loaf tin (about 12 x 20cm) with cling film. Place a sheet of cooked pasta onto the base and spread over half of the mushroom mix. Add another sheet of pasta, pressing down firmly, before spreading remaining mushroom mix on top and covering with the last sheet of pasta. Cover with cling film, directly onto the pasta, and sit something flat on top to weigh down. Chill for at least 2 hrs or overnight.
4 For the Parmesan cream, bring the cream and butter to the boil, then remove from the heat and whisk in the Parmesan. Cover with cling film and chill. If it gets too thick, thin with a bit of milk.
5 For the confit peppers, put the pepper slices into a deep pan and add just enough olive oil to cover and a pinch of salt. Cook gently on a low heat for about 20 mins until soft, then drain.
6 Heat oven to 200C/180C fan/gas 6. Tip the lasagne out onto a board, remove the cling film and cut into 6 slices. Space portions out on a baking tray, drizzle 1 tbsp of Parmesan cream over each and bake for 12-20 mins until hot. Serve with another drizzle of Parmesan cream, the confit peppers and a salad.

PER SERVING 671 kcals, protein 16g, carbs 27g, fat 56g, sat fat 28g, fibre 2g, sugar 8g, salt 0.96g

GoodFood READER OFFER

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Samoan-born Monica is Michel Roux Jnr's sous chef at the renowned restaurant Le Gavroche in London, and his co-judge on BBC *MasterChef: The Professionals*.

Monica will be appearing at *MasterChef Live* at London's Olympia, 12-14 November. For details, visit *mastercheflive.com* or see p100

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Dr.Oetker

Quality is the best recipe

Fidget pie

British treasures



Gerard Baker, BBC chef and food historian, celebrates a traditional regional recipe

Photograph PETER CASSIDY

Make-ahead food for a crowd

Food styling JENNY WHITE | Styling JO HARRIS

worldma

Jane Grigson, one of our most brilliant literary food writers, reckoned that European civilisation was founded on the pig. It is easy to see why – pork and its products are still among our favourite foods.

The modern pig derives from a cross, made in the 18th century, between rangy European and fat Chinese animals. The result gave rural Britain an animal that was suited to turning household scraps and orchard waste into the meat and fat that would sustain the family through the winter.

The potato, one of the most productive crops in the working garden, was traditionally an important source of food for the household pig. Witness the children's chant – see quote below – recorded in the early 20th century by Ralph Whitlock, the rural historian and columnist for *The Guardian*. This, together with the fact that apple orchards were favourite foraging grounds for pigs, suggests to me an origin for this recipe – cooks mostly use what is around them, after all.

The precise origins of this dish are not known, but several of our traditional pork-producing counties lay claim to it, Gloucestershire, Shropshire and Wiltshire among them. It is essentially a hearty, filling food that would have been made at harvest time – which carried on far into the autumn, as the whole process was much slower and more labour-intensive, even with steam engines like the ones that my grandfather used to own.

So why fidget? Some say that the original pie was supposed to be 'fitched' or five-sided in shape. It exists in two forms – the summer harvest pie was made with bacon (does the flitch (side) of bacon also suggest a name?) made from the previous year or, later in the season once the pigs had been slaughtered, with fresh pork. This is the version I prefer because the flavours balance so well.

Finally, I have happy memories of cooking on a research station in the Antarctic in 1999, and swapping recipes with a chef at our nearest neighbouring station– an Argentinean one some 40 miles away. He sent Locro, an Andean beef stew. I replied with this lovely pork and apple pie, and threw some dried apple rings out of a Twin Otter plane one day onto his little island so that he could make it.

Fidget? The smell when it's baking is enough to make you do just that!

'Dearly beloved brethren, don't you think it a sin
When you peel potatoes, to throw away the skin?
The skin feeds the pig, the pig feeds you.
Dearly beloved brethren, is not this true?'





Fidget pie

SERVES 8 ● PREP 40 mins ● COOK 1 hr plus cooling Moderately easy ❄ unbaked

Fidget pie – or fidgety pie – makes a lovely autumn meal. Eat when freshly baked with some country bread, piccalilli and a glass of cider for a proper harvest lunch.

FOR THE PASTRY
500g/1lb 2oz plain flour, plus extra for dusting
140g/5oz lard
butter, for the tin
1 egg, beaten for glazing
FOR THE FILLING
500g/1lb 2oz minced pork
125ml/4fl oz medium English cider, try Gwatkin (see *gwatkincider.co.uk*)
4 sage leaves, finely chopped
¼ tsp ground mace
1 tbsp brown sugar
100g/4oz unsmoked bacon, finely chopped
225g/8oz grated onion
225g/8oz peeled, grated apple – half cooker, half eater is best
1 large potato, grated

1 To make the pastry, tip the flour into a large bowl with 1 tsp salt. Heat the lard and 210ml of water in a medium saucepan until the lard melts and the water is just simmering. Carefully pour the hot liquid into the flour and stir together with a wooden spoon. When the mixture has comes together, tip it onto a floured surface and knead lightly to make a dough. Cover and set aside.

2 To make the filling, mix the pork, cider, 1 tsp salt, sage, mace and sugar together in a large bowl. Add the bacon, onion, apple and potato to the mixture. Once again mix really well – the best way to do this is with your hands.

3 Heat oven to 200C/180C fan/gas 6. Place a 22cm springform cake tin, without its base, on a baking sheet. Line the bottom of the tin with a layer of greaseproof paper and butter the sides well. On a lightly floured surface roll out two-thirds of the pastry to a large circle and use it to line the cake tin, allowing the pastry to overlap the rim slightly. Trim off any excess. Roll remaining pastry to form a lid large enough to cover the pie. Set aside.

4 Put filling in the pie case and push down well. Brush the pastry case's edges with a little water and cover with the lid. Crimp the edges together and brush the whole with the beaten egg. Bake for 1 hr then turn off the heat and allow the pie to cool in the oven for 30 mins. Remove from oven and cool for 1 hr before eating.

PER SERVING 578 kcals, protein 22g, carbs 61g, fat 29g, sat fat 12g, fibre 3g, sugar 8g, salt 1.80g

• We'd love to hear about traditional British recipes from your region. Email us at goodfood@bbc.co.uk or write to Third Floor D1, Media Centre, 201 Wood Lane, London W12 7TQ

Photograph ALAMY

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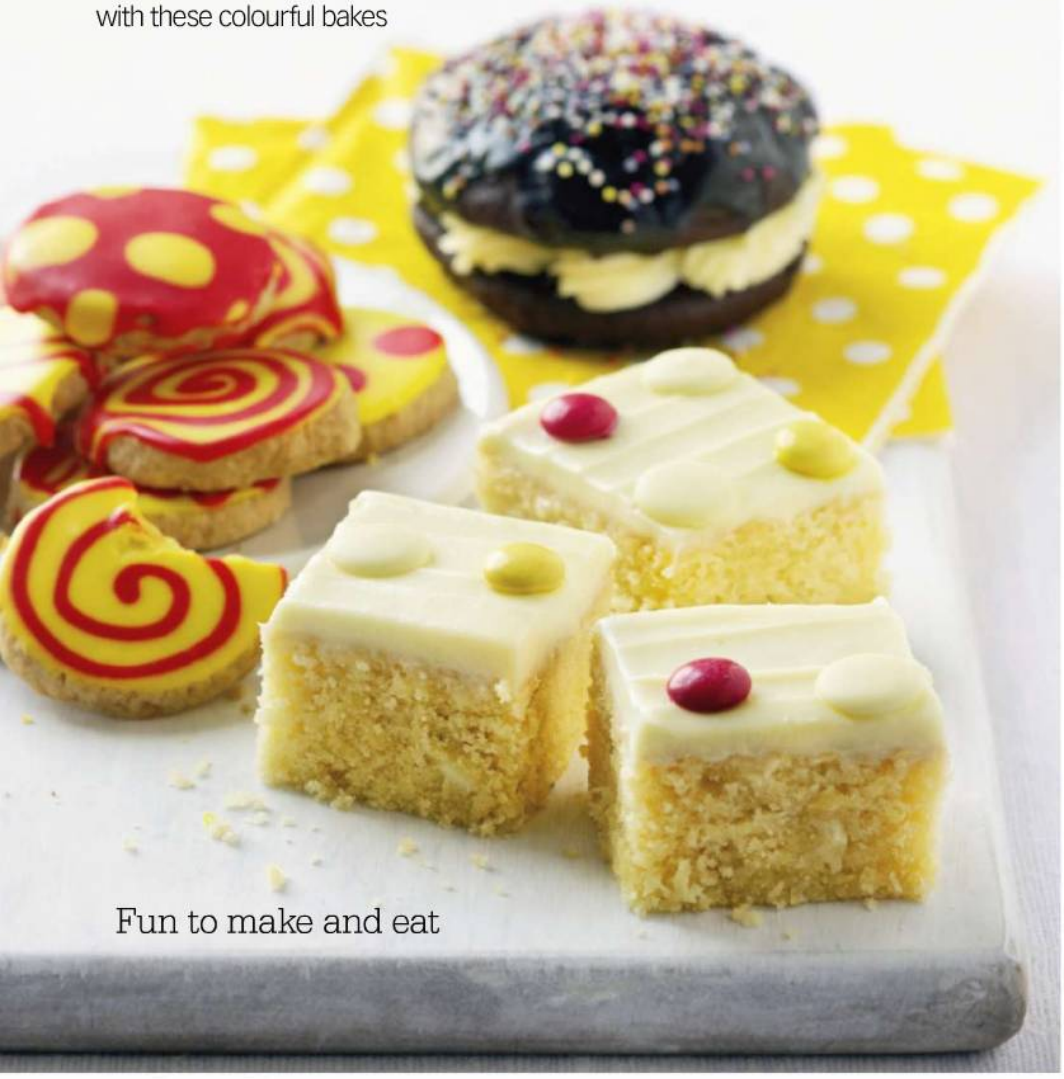
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Get baking

Whether you're holding a cake sale for charity or making treats to share at work, help raise funds for BBC Children in Need with these colourful bakes



Fun to make and eat

Whoopie pies

MAKES 10 ● PREP 30 mins ● COOK 12 mins
Moderately easy ❄ cakes only 40p each

300g/11oz self-raising flour
50g/2oz cocoa
2 tsp bicarbonate of soda
175g/6oz soft light brown sugar
1 egg
75ml/2½fl oz sunflower oil, plus extra
150ml/¼pt buttermilk
1 tub ready-to-use frosting
colourful sprinkles, to decorate
FOR THE GLAZE
100g/4oz icing sugar
50g/2oz cocoa
100ml/3½fl oz double cream

1 Heat oven to 180C/160C fan/gas 4 and line baking trays with parchment. Mix flour, cocoa, bicarb, sugar and a pinch of salt. Whisk the egg, oil and buttermilk together, then mix into dry ingredients with 75ml boiling water. Spoon 20 spoonfuls onto trays, well spaced. Bake for 12 mins or until firm to touch, peel off trays. Cool.
2 For the glaze, sift icing sugar and cocoa into a small pan. Gradually stir in cream followed by 100ml boiling water. Heat gently until syrupy.
3 Sandwich 2 cakes together with the frosting, spoon over some glaze and decorate with sprinkles.

PER PIE 647 kcals, protein 5g, carbs 91g, fat 32g, sat fat 15g, fibre 2g, sugar 63g, salt 1.17g

BBC Children in Need

• We've given a rough guide to how much these bakes cost to make. We suggest charging 50p for cookies and £1 for pies/cakes.
• For more about BBC Children in Need, plus fundraising ideas for children and adults, visit *bbc.co.uk/pudsey*

Crazy cookies

MAKES 36 ● PREP 40 mins plus chilling ● COOK 15 mins Easy ❄ 12p each

350g/12oz plain flour, plus extra
200g/7oz salted butter, cubed
120g/4½oz golden caster sugar
2 tsp vanilla extract
2 egg yolks
FOR THE ICING
2 x 300g tubs ready-to-use royal icing (we used Dr Oetker, Sainsbury's)
red and yellow food colourings

1 Whizz the flour and butter until the mixture looks like breadcrumbs. Add the sugar, vanilla and egg yolks and whizz to a smooth dough. Roll the dough on a lightly floured surface into 2 sausage shapes about 4-5cm in diameter. Wrap in cling film and chill for at least 30 mins.
3 Heat oven to 180C/160C fan/gas 4. Cut the dough into 4mm-thick slices and arrange on baking sheets, spaced slightly apart. Bake for 15 mins or until pale golden. Transfer to a wire rack to cool.
4 Heat icing following pack instructions. Add a little food colouring to each tub and ice half the cookies in yellow, and decorate with red, then ice the other half red and decorate in yellow. Leave to dry.

PER BISCUIT 188 kcals, protein 2g, carbs 36g, fat 5g, sat fat 3g, fibre none, sugar 30g, salt 0.13g

White chocolate spotty cake

CUTS INTO 15 squares ● PREP 20 mins ● COOK 30 mins Easy ❄ un-iced 42p each

250g pack butter, softened
300g/11oz self-raising flour
250g/9oz golden caster sugar
½ tsp baking powder
4 eggs
150ml pot natural yogurt
3 tbsp milk
1 tsp vanilla paste
200g bar white chocolate, half chopped
300g/11oz soft cheese, not fridge cold
100g/4oz icing sugar, sifted
sweets, to decorate

1 Heat oven to 180C/160C fan/gas 4. Grease a 20 x 30cm tin, then line with baking parchment. Beat the butter, flour, sugar, baking powder, eggs, yogurt, milk and vanilla until lump-free. Stir in the chopped chocolate. Spoon into tin; bake for 25-30 mins until golden and risen and a skewer comes out clean. Cool in the tin.
2 Melt the rest of the chocolate. Stir icing sugar into soft cheese, then the chocolate until smooth. Chill, spread over the cake, then cut into squares and decorate.

PER SQUARE 489 kcals, protein 8g, carbs 55g, fat 28g, sat fat 16g, fibre 1g, sugar 40g, salt 0.73g

Photograph ISOBEL WIELD | Food styling SARAH COOK | Styling ARABELLA McNIE

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November Seasonal & local



Misty evenings, bonfires, country walks – all good excuses for some hearty autumn nosh, says **Clare Hargreaves**. It's also time to beat the squirrels and forage for nuts



Produced with passion
Rod and Ben's organic soups



Childhood friends Rod Hall and Ben Mosley have been growing organic vegetables in Devon for 12 years. In 2005, they decided they could add value to their veg by turning some of them into soups.

They started with Carrot & coriander, which they sold through their veg box scheme. Due to its success they expanded into other flavours. Rod now runs the business solo, and this winter is launching an organic free-range Chicken & vegetable soup, as well as continuing with favourites, such as organic Leek & potato. All the soups cost around £3.75 for a 600g pot.

You can find them in farmshops and delis nationwide, at south-west branches of Morrisons, and at Selfridges and Whole Foods in London. For more information, visit *rodandbens.com*.

A place I know



The Red Lion
Stathern, Leicestershire.
01949 860868, *theredlioninn.co.uk*
This whitewashed inn in the beautiful Vale of Belvoir is sister pub to the celebrated Olive Branch in nearby Clipsham – so you're in for a treat.

The atmosphere and décor create a relaxed village pub in comparison to uptight gastropub chic, with sofas, tables and chairs studiously unmatched and walls hung with old kitchen utensils.

The food is equally relaxed and nicely priced. Chef Edward Leslie uses top-quality local ingredients (many grown in the pub's garden) to create dishes that marry inventiveness with tradition.

Mains might include Belvoir Estate venison, pigeon that's been shot by chaps you spot drinking in the bar, or village-made sausages with mustard mash. My favourite was the pub's signature dish – Slow-cooked blade of beef served with a gorgeous caramelised sauce and rösti. Homely desserts like Pecan pie with apple & cinnamon ice cream round it off perfectly.

Cost Mains £11.25-£18.95; three-course Sunday lunch £18.

Photographs JON BAKER, BBC, PHILIP WEBB

Fresh this month

Now's the time to enjoy British nuts, which are nutritious and full of flavour. Look for these in local shops and markets, and when you're out and about.

Walnuts The best thing about walnuts (pictured above), apart from their exquisite taste, is their intriguing shape. In fact, the name for walnut in Afghanistan, 'charmarghz', means 'four brains'.

Due to our tricky climate, walnut trees have been grown in the UK only since the 15th century, but today they are plentiful in most parts of England. You get two helpings: first, in the summer when you can pick walnuts green and pickle them or preserve them in syrup; then in autumn when the shells have hardened around their tawny treasures. Like chestnuts, walnuts are good in both savoury and sweet dishes.

Hazel and cobnuts These used to be a staple food of our ancient ancestors but today the squirrels usually snaffle them, so you'll need to keep your eyes peeled.

The cobnut, also known as a filbert, is a cultivated hazelnut that's slightly larger and is traditionally grown in Kent. Many cobnut orchards disappeared over recent decades but some are being revived, so if you live around Kent you might be lucky enough to find nuts on sale – visit *kentishcobnutsassociation.org.uk* for suppliers and pick-your-own. Fresh cobnuts have a lovely crunchy texture and milky flavour – they're great roasted.

Chestnuts The sight and smell of sweet chestnuts roasting over a brazier in the street or a crackling log fire at home is a seasonal treat. Eat them roasted whole, or peel and roast them in the oven with potatoes. They are also delicious in soups, stews and stuffings.

Unlike most other nuts, chestnuts are low in oils and high in starch, so in the past – as far back as the Romans – they were often turned into flour and used instead of wheat in bread, polenta, cakes and desserts. But if wild chestnuts were considered peasant food, the large cultivated ones are seen as a luxury, especially in France where they are turned into marrons glacés.

Also in season

- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Chicory
- Fennel
- Grey partridge
- Jerusalem artichokes
- Kale
- Leeks
- Maincrop potatoes
- Mallard
- Mushrooms
- Mussels
- Parsnips
- Pears
- Quince
- Salsify
- Sloes
- Squash and pumpkin
- Turnips and swedes

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Clash of cultures

Critics say raw-milk cheeses pose unnecessary health risks while advocates say they are safe and far tastier. So who is right?



THE BIG ISSUE

Think of some of the world's most famous cheeses, from Parmesan to Comté, Roquefort and traditional English cheddar – they all have one thing in common: they are made, as they have been for centuries, from unpasteurised (raw) milk.

However, these cheeses are a diminishing minority. For most large cheesemakers worldwide, pasteurisation is now the norm. Even in France, fewer than 10 per cent of cheeses are now made from raw milk compared to virtually 100 per cent 50 years ago.

Pasteurisation, the process of heating milk to kill off pathogens, is carried out to protect consumers against harmful bacteria, such as listeria, E. coli and salmonella. Some countries, such as Australia, ban raw-milk cheeses altogether (with a few exceptions). Others, like the United States, only allow raw-milk cheeses that have been aged for at least 60 days.

In Britain, however, a growing number of artisan producers are using raw milk as they believe that it gives a cheese a far greater complexity of flavours. For example, the number of raw-milk cheeses entered into the British Cheese Awards rose from 126 in 1995 to 205 in 2007. However, the number has recently levelled off due to the increase in TB and fears that milk could get contaminated.

Artisan cheese-makers argue that pasteurisation kills not just disease-causing bacteria, but also harmless micro-organisms that enhance the flavour. They point out that many cheese-related food scares have involved cheese made from pasteurised rather than raw milk, as poor hygiene in the dairy or packaging can pose greater risks than natural milk bacteria.

There is little doubt that using raw milk is more viable for small artisan cheesemakers than for industrial-scale ones. This is because small producers tend to use milk from their own cows and can monitor it, whereas big producers get milk from a variety of sources that is then pooled, making a problem harder to trace.

Bronwen Percival, buyer for Neal's Yard Dairy which sells cheeses from small artisan producers, says her makers are able to use raw milk as they know where it's from and are confident about its quality. 'Raw-milk cheeses achieve complex flavours that you can't get when you pasteurise milk. More and more consumers now understand that, too'.

• Try a range of cheeses, raw and pasteurised, at the BBC Good Food Show Winter in Birmingham, where the World Cheese Awards will be announced on 24 November. See page 58 for details.

Diary dates

• **MasterChef Live** (below), 12-14 Nov, Olympia, London; and the **BBC Good Food Show Winter**, 24-28 Nov, NEC Birmingham. For details, see page 100 and page 58, or visit *bbcgoodfoodshow.com*



• **British Sausage Week** 1-7 Nov. Nationwide celebration, including regional awards and sausage-themed menus in pubs and restaurants. 0247 647 8804, *lovepork.co.uk*

• **Weald Down Christmas Market**, 13-14 Nov, Weald and Downland Museum, Sussex. 01243 811363, *wealddown.co.uk*

• **Clovelly Herring Festival** 21 Nov. Support sustainable fishing and enjoy local herring, known as Silver Darlings, caught here for centuries. 01237 431781, *clovelly.co.uk*

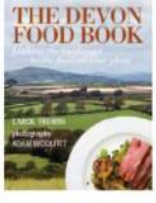
• **Bath Christmas Market** 25 Nov-12 Dec. In the heart of Bath's shopping district. 01225 396417, *bathchristmasmarket.co.uk*

• **St Nicholas Fayre**, 25-28 Nov, York. Gifts, crafts and farm produce. 01904 615505, *yorkfestivals.com*

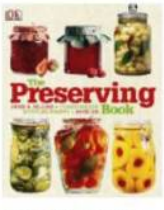
• **Tastes of Lincolnshire Christmas Food and Drink Fair**, 27-28 Nov, Lincolnshire Showground. Over 100 stalls showcasing the best produce from the region, plus cooking and craft demos. To book tickets, visit *tastesoflincolnshire.com*

• **The Essence of Christmas Fairs**, Newcastle Racecourse, Hardwick Hall Hotel in Co Durham and Great Yorkshire Showground near Harrogate. Visit *livingnorthfair.com* for dates, 01434 609933

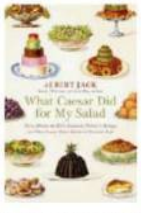
Good reads



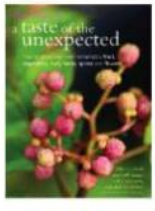
The Devon Food Book by Carol Trewin (£25, Flagon Press). The late Carol Trewin, a former Radio 4 *Farming Today* editor, takes you on a tour of Devon, chatting to farmers and producers she meets along the way.



The Preserving Book by Lynda Brown (£16.99, Dorling Kindersley) This colourful book shows you how to create preserves from fresh produce, covering jams, pickles, bottled fruits, cured meats and home brews.



What Caesar Did for My Salad by Albert Jack (£12.99, Penguin). Did you know that the word 'salary' derives from Roman soldiers being paid in salt? A jovial look at the stories behind our favourite dishes, from balti to hot cross buns.



A Taste of the Unexpected by Mark Diacono (£20, Quadrille). Life's too short to grow ordinary food, says Diacono, it's easy to grow exotics such as salsify, guava and Szechuan pepper. Packed with advice and recipes.

Food & Farming Awards



The winners of Radio 4's awards, now in their eleventh year, will be announced at a ceremony in November, to be broadcast in a special edition of *The Food Programme*. But you can already read about the finalists at *bbc.co.uk/foodawards*.

The winner of the Best Food Market category in last year's awards was The Goods Shed in Canterbury, Kent. Susanna Atkins, who set up the farmers' market and restaurant complex, says the award has boosted morale among stallholders and shoppers. 'It's given us all a great sense of purpose to have this national recognition and our customers value the award as much as we do. The award has increased our place in the local community.'

BBC RADIO 4 92–95 FM

Photographs: BBC, JON BAKER

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Some like it hot

Cappuccino Al Gelato Lavazza®

SERVES 1 • PREP 5 mins plus 30 mins freezing
Easy NO COOK

2 scoops Carte D'Or Lavazza® Latte Macchiato ice cream
1 small cup of hot strong black coffee
2 tbsp whipped cream
chocolate powder to sprinkle

1 Fill half a coffee cup with 1 scoop of Carte D'Or Lavazza Latte Macchiato ice cream and place in the freezer for 30 mins.
2 Remove the cup from the freezer and pour the hot coffee over the ice cream. Add the whipped cream and another scoop of Carte D'O Lavazza Latte Macchiato ice cream.
3 Sprinkle with chocolate powder and enjoy the ice cream before it melts, or freeze it to enjoy later. Serve with a cup of Lavazza Latte.



ENTER TO WIN A GOURMET COOKERY CLASS!

Do you have a recipe that you think would complement Carte D'Or Lavazza Latte Macchiato ice cream? Then send it in and you could be lucky enough to win a L'atelier des Chefs gourmet gift card for two, which will allow you to choose any four-hour cookery class (including the popular dessert class) at L'atelier des Chefs in London. For details of classes visit *atelierdeschefs.co.uk*. For further recipe inspiration, visit ***bbcgoodfood.com/cartedor*** and ***cartedor.co.uk.***

When you're ready, send in your original recipe that works perfectly with Carte D'Or Lavazza Latte Macchiato and the *Good Food* team will judge it, picking the best two to win. For details on how to enter online, by email or post, visit ***bbcgoodfood.com/cartedor***. Closing date for entries is 31 October 2010.

Terms and conditions Promoter: Unilever, Unilever House, Springfield Drive, Leatherhead, Surrey KT22 7GR. Please note that the winning entries will be published on *bbcgoodfood.com/cartedor*. For full terms and conditions, visit *bbcgoodfood.com/cartedor*.

Like your Italian coffee? Then try it with a twist by indulging in the sumptuous Carte D'Or Lavazza® Latte Macchiato ice cream. It's the ideal pick-me-up on a blustery autumn's day – and all year round, too

Coffee served with a delicious dessert is the perfect way to finish a meal shared with family and friends, so what could be more special than a chic combination of the two?

Carte D'Or Lavazza® Macchiato ice cream has a unique latte-like texture, which complements the sumptuously creamy coffee flavour, combined with Lavazza, Italy's favourite coffee. To top it off, there's a generous sprinkling of tiny chocolate flakes.

This tempting flavour is a great example of how Carte D'Or excels at adding a mouth-watering twist to classic recipes – making its irresistible range of ice creams the best way to ensure all your meals are special.

Try Carte D'Or Lavazza Latte Macchiato ice cream now, either on its own, or with this quick and easy recipe with a distinctly Italian flavour, Cappuccino Al Gelato Lavazza.

You can find even more delicious Carte D'Or recipes in future issues of *Good Food* and at *bbcgoodfood.com/cartedor* or *cartedor.co.uk*. Give everyone a treat and let Carte D'Or make your desserts special all year round. Give More, Give Carte D'Or.



A SMOOTH ITALIAN

Made with real Lavazza coffee, Carte D'Or Lavazza® Macchiato ice cream makes a perfect dessert, and a chic treat any time

CARTE D'OR

For more information and recipe inspiration, visit *cartedor.co.uk*

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BBC GoodFood Show Scotland

22–24 October 2010, SECC Glasgow

Meet the MasterChefs... Producers' Village... Love Food Hate Waste Theatre... and much more...

Just weeks to go...

To plan your perfect day out



Everyone knows that Scotland boasts some of the finest home-produced food and drink in the world, so we're delighted to help celebrate Scotland's Year of Food and Drink with the biggest **BBC Good Food Show Scotland** yet - packed with great new ideas including the exciting addition of MasterChef!

A bit of forward planning will save you missing anything so here are some ideas to help you plan a great day out.

Gillian Carter



Save £2 on entry or **£5 VIP tickets** quote **GFR3**

Friends' Day Out Friday 22nd

10.00 Breakfast of local smoked salmon and oatcakes in the Scottish Regional Village
11.30 Gordon Ramsay in the **Supertheatre** (pre-book early and upgrade to Gold seats!)
1.00 Share selection of dishes at **MasterChef Pop-up Restaurant** – with perfectly matched glass of wine
3.00 Learn to make new recipes at the **Nick Nairn Cook School**
4.00 Find unusual Christmas gifts for relatives – and hand-made chocolates for me!
5.30 Indulge in cocktails mixed, shaken and stirred by **Andy Gemmell** on the **Maxxium stand** - he's a genius!

Family Day Out Sunday 24th

10.00 Fresh ground coffee and croissants for breakfast - delicious!
11.00 Order your Christmas turkey from one of the producers
12.00 Argue over who should win the MasterChef Cook-off - **Dhruv Baker** or **Lisa Faulkner**
1.00 Picnic lunch with crusty bread, succulent sausages and sweet onions – followed by mouth-watering chocolate brownies all from the **Producers' Village**
3.00 James Martin rustles up a delicious meal in the **Supertheatre** (book in advance)
4.00 Buy MasterChef apron for Gran's Christmas present from **MasterChef Shop**. Stock up on more Christmas presents: whisky, fudge and chocolates
4.30 Dad sneaks off to a whisky tasting, Mum gets book signed by **John Torode** while the kids indulge in award-winning ice-cream

Kids go FREE! on Family Sunday

BBC Good Food Show Scotland

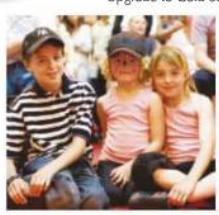
SECC Glasgow, 22 – 24 October
Fri & Sat 10am – 6pm Sun 10am – 5pm

Good Food reader rates	Standard adult rates
General admission	
£14.50 Fri & Sun £15.50 Sat	£16.50 Fri & Sun £17.50 Sat
General admission + Supertheatre*	
£18.50 Fri & Sun £19.50 Sat	£20.50 Fri & Sun £21.50 Sat
VIP package	
£60 Fri, Sat & Sun	£65 Fri & Sun £70 Sat

*Upgrade to Gold Supertheatre seats for £2








Book now if you want to watch Gordon Ramsay, James Martin, John Torode or Gregg Wallace as they're guaranteed to sell out! Visit bbcgoodfoodshow.com further information

WITH THANKS TO OUR SPONSORS

Sainsbury's Supertheatre | HARDYS MasterChef Restaurant | Miele Kitchen Appliance Supplier | Love Food Hate Waste Theatre

Family Sunday – children under 16 go free on Sunday (children under 5 - free every day, children under 16 - £11.50 on Saturday)

Book today – quote **GFR3** and save £££s
visit **bbcgoodfoodshow.com** or **call 0844 581 1345**

All tickets include a Showguide Recipe Collection (value £10) collectable at the Show

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Gregg's perfect pud



BBC *MasterChef* judge **Gregg Wallace** shares his favourite cake recipe – a classic from the dessert trolley

Photograph PETER CASSIDY

Walnut & coffee gateau

CUTS INTO 8 slices ● PREP 1 hr ● COOK 15 mins

Moderately easy

This is impressive but much easier than it looks.

FOR THE SPONGE
butter, for greasing
4 eggs
175g/6oz caster sugar
100g/4oz plain flour
1 tbsp sunflower oil
140g/5oz walnuts, very finely chopped
FOR THE CREAM FILLING
300ml/½pt double cream
2 tbsp icing sugar
1 tbsp vanilla extract
FOR THE BUTTER ICING
140g/5oz unsalted butter, softened
300g/11oz icing sugar
1 tbsp milk
1 tbsp coffee essence
TO DECORATE
100g/4oz finely chopped walnuts
50g/2oz roughly chopped walnuts
8 walnut halves



1 Heat the oven to 190C/170C fan/gas 5. Grease and line 3 x 20cm round sandwich tins. For the sponge use an electric whisk to beat the eggs and sugar in a large bowl until light and thick like semi-whipped cream. Gently fold in the flour, then the oil and finally the chopped nuts. Divide mix between the tins and bake for 15 mins or until cooked through. Turn cakes out onto a wire rack and leave to cool.

2 To make the cream filling, whip the cream with the sugar and vanilla, then set aside. For the butter icing, beat the butter with half the sugar until smooth. Add remaining sugar, stir in the milk and coffee essence, then continue to beat until everything is combined.

3 To assemble, spread a third of the cream filling on top of one of the cakes, put another cake on top, spread another third of the cream over and lay the final cake on top. Put remaining cream in a piping bag fitted with a star-shaped nozzle.

4 Use a palette knife to spread the butter icing all over the top and sides of the cake. Lightly press the finely chopped walnuts into the sides and scatter the top with the roughly chopped walnuts. Pipe 8 swirls of cream on top, one for each slice, and top with a walnut half. The cake will now sit happily in a cool place for a couple of hours but is best enjoyed on the day it is made.

PER SERVING 971 kcals, protein 12g, carbs 80g, fat 69g, sat fat 25g, fibre 2g, sugar 69g, salt 0.17g

"When I started making puddings at home this was one of the first I set out to master. It reminds me of those special outings as a kid when we would wait with anticipation for the best part of the meal – pudding"

• **Gregg is appearing at *MasterChef Live* at London's Olympia, 12-14 November. Remember, *Good Food* readers can save money on tickets. For more details visit *mastercheflive.com* or see p100**

Food styling JENNY WHITE | Styling JO HARRIS

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MasterChef
12-14 November 2010
Olympia London LIVE

Brimming with exciting new features...Plus all your usual favourites...



Don't miss award winning MasterChef LIVE!

MasterChef Live is back! This is your chance to see, taste and take part in a celebration of food and drink along with top celebrity chefs, lots of shopping and all your favourites from the hit TV series MasterChef.

Here's what we've got in store for you:

- Eat at **London's top restaurants** serving up their signature dishes plus the **MasterChef Restaurant** serving dishes inspired by the TV series
- **MasterChef celebrities, judges and winners**
- One of London's best and biggest **speciality food markets**
- **Top celebrity chefs** including James Martin, Rick Stein, Michel Roux Jr in the Chefs' Theatre sponsored by Sainsbury's
- Culinary tips on the **MasterChef Demonstration Stage** sponsored by Miele

NEW – Your ticket includes entry to **The Wine Show,** London's finest wine experience

Or, simply indulge in some superb **shopping** just in time for Christmas.

Pick of the Producers

First stop must be the Producers' Village where you'll find individual producers who invest their passion and skill in regional, speciality food and drink.

You won't find these cheeses, meats, chocolates, chutneys or sauces in your local supermarket. Meet the producers face to face and find out what makes their food so special - then stock up on unique ingredients and original presents.

Pixley Berries juicy blackcurrant cordials make refreshing drinks at any time of year and Jacc's Gourmet Coffees are the perfect end to a meal - perhaps with a handmade chocolate from Auberge du Chocolat?

Discover seasonal wild herbs, olive oil and honey at De Calabria and the sweetest tomatoes from the Isle of Wight at the Tomato Stall and smokey chorizo from Flavours of Spain.

Look out for award winning producers within the **Great Taste Awards** Pavilion, and don't miss their free tasting theatre where you can taste gold star winning food and drink. Henrietta **Green's FoodLoversBritain.com** area delivers an Aladdin's cave for food lovers, full of regional and seasonal delicacies.

Book online at **MasterChefLive.com** or call **0844 581 1345**
Quote **GFR3** to activate your discount

Booking fee applies. Not to be used in conjunction with any other offer

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MasterChef
12-14 November 2010
Olympia London LIVE

Quote GFR3 and save £££s

The iconic Invention Test...Fantastic shopping...Plus all your usual favourites...



Invention Test

It's time to step up to the hotplate and show what you're made of - take the Invention Test sponsored by Plenty!

You've seen on the TV show how contestants are faced with a bag of mystery ingredients - now you have the chance to create something original and appetising out of a selection of ingredients - in just thirty minutes- in front of a live audience.... Cooking doesn't get any more exciting than this!

The top three dishes will go forward to be judged by TV's tough-talking duo, John Torode and Gregg Wallace.

"Anyone who's watched MasterChef and thought 'I could do that.,' should have a go. It's worth it, it's a great experience.
(2009 Invention Test Participant)

This chance to cook live under the scrutiny of past MasterChef finalists has proved so popular we've extended the competition - so you can cook in pairs or even, on Sunday at 10am, with a junior partner aged (8-16) in Junior MasterChef

Make your day even more special and book your ticket to take part (£48) or to watch (£5). Visit the website for more details.

All you need to know...

When: 12–14 November 2010
Where: Olympia, London
Opening Hours:
9am–7pm (Fri & Sat),
9.30am–5.30pm (Sun)
For more information:
Call **0844 581 1345**
Visit **MasterChefLive.com**
Quote **GFR3**
for reader discount

FREE ENTRY INTO THE WINE SHOW go to WineShow.co.uk for more information

Shop 'til you drop

Looking for something a bit different?

There are just so many fantastic and unusual ideas and products all under one roof at MasterChef Live, with everything from the Cream Supplies molecular Cooking Kit for all you budding Heston Blumenthal's out there to Crabbies Alcoholic Ginger Beer for those who like to relax and enjoy something different. With all this and lots more you can easily get your Christmas shopping done in one go!

Take advantage of special advance ticket prices...

As a reader of Good Food Magazine you can save £££s on tickets by quoting your special reader code GFR3, when booking.

Book now by visiting MasterChefLive.com or call our dedicated customer services hotline on 0844 581 1345.

BBC MasterChef Live is a BBC Production



Ticket type	Fri & Sun		Sat	
	Reader Offer	Standard	Reader Offer	Standard
The Express Entry to the show	£18.50	£20.50	£19.50	£21.50
The Express plus Show Seat Entry into the show plus Silver Seat (standard) in the **Chefs' Theatre**	£24.50	£26.50	£25.50	£27.50
The Perfect Dining and Shopping Experience Entry to the Show, a Silver Seat (standard) in the **Chefs' Theatre,** £20 dining currency, shopping bag & wine glass holder	£50.00	£52.00	£51.00	£53.00
The Invention Test Package Entry to the show plus a place on the **Invention Test** – cook in front of a live audience and win the chance of being judged by **John Torode** and **Gregg Wallace**	£63.50	£68.50	£64.50	£69.50
The Ultimate – VIP Package Includes a Gold Seat in the **Chefs' Theatre,** access into the **VIP lounge** with expert demos and talks and the VIP area of the **Restaurant Experience** sponsored by Hardys, £20 dining currency, VIP cloakroom and bag crèche and show goodies	£85.00	£90.00	£90.00	£95.00

Over 65s get an additional £2 off The Express, The Express plus Show Seat and The Perfect Dining and Shopping Experience
Children are full price on Fridays, £12.50 on Saturdays and free on Sundays (2 free children per paying adult)
£1.75 booking fee applies per ticket. Times and prices correct at time of print

Book online at **MasterChefLive.com** or call **0844 581 1345**
Quote **GFR3** to activate your discount

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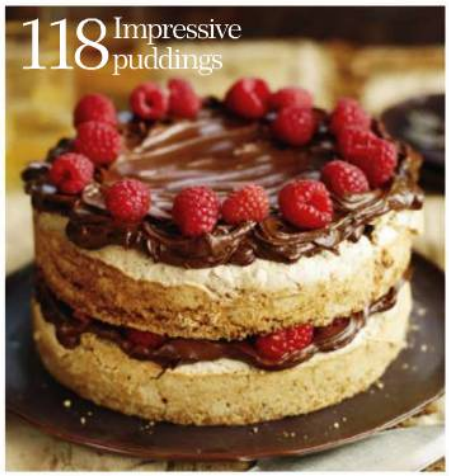
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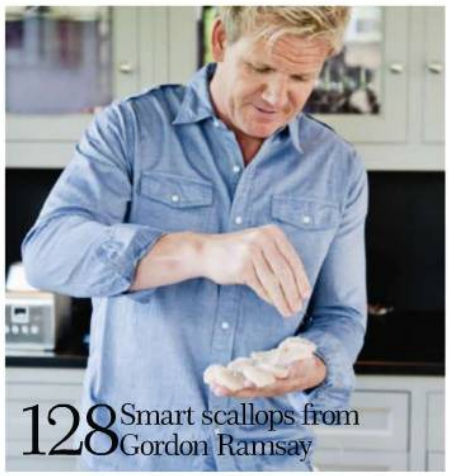
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Food for the weekend

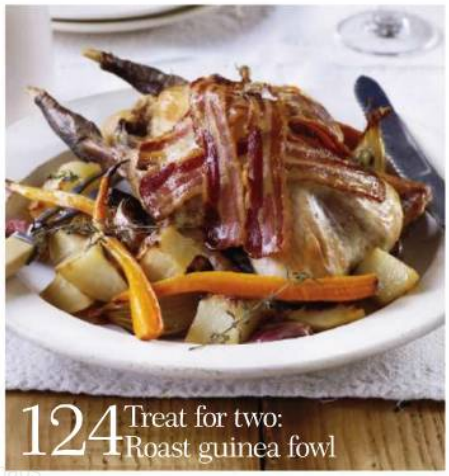
- Nigella's roast beef
- Entertain a crowd
- Potato dauphinoise



118 Impressive puddings



128 Smart scallops from Gordon Ramsay



124 Treat for two: Roast guinea fowl

Laid-back meals for family and friends



122 Enjoy time in the kitchen making ravioli

John's relaxed food for friends



Got a crowd coming over? Serve up this warming, please-everyone spread that's minimum fuss for the cook

JOHN TORODE, chef and BBC *MasterChef* judge

Hearty Bonfire Night food



Small mugs or cups make this so easy to serve

Menu for a crowd

All recipes serve 10
Spiced pumpkin soup with **Chilli shrimps** or chives for sprinkling over.
Slow-roast shoulder of pork
Butter bean & tomato stew
Herb & chilli salad and **Spiced yogurt with cucumber.** Serve with jacket potatoes, flatbreads, grated cheddar, soured cream and harissa
Sticky chocolate pudding with marshmallows

Spiced pumpkin soup

SERVES 10 ● PREP 45 mins ● COOK 55 mins Easy V

I call this pumpkin soup but I prefer to use butternut squash as the flavour is better. It has a softer skin which is easier to peel and it makes a smoother purée. You can add what you like to it. A scattering of Chilli shrimps works for grown-ups, or simply use a few snipped chives for kids or veggies.

4 tbsp olive oil
4 small leeks, trimmed, washed and roughly chopped
3 large potatoes, diced
3 garlic cloves, crushed
2 good-size butternut squash, peeled, deseeded and cut into 4cm chunks
2 x 400ml cans coconut milk
3 lemongrass
Chilli shrimps (see recipe, right) or snipped chives, to serve

1 In a large pan, heat the oil with ½ tsp salt and some pepper. Add the leeks and potatoes, cook for 5 mins over a medium heat, stirring constantly, then add the garlic and squash. Continue to cook for 10 mins to give everything a bit of colour.
2 Add the coconut milk and 1 litre water, or enough to cover the mixture. Place the lemongrass on a board and crush with the flat end of a cleaver or knife, then add to the soup, turn the heat up and bring to the boil, then reduce the heat to a simmer. Cook for 20 mins until the squash is mushy. Remove the lemongrass.
3 Blend until smooth (the soup should be nice and thick, but add a splash of water if it has become too thick). Return to the saucepan and put back onto the heat. Taste and season again, then serve with a bowl of snipped chives and one of Chilli shrimps, allowing guests to help themselves.

PER SERVING 282 kcals, protein 5g, carbs 27g, fat 18g, sat fat 12g, fibre 4g, sugar 11g, salt 0.25g

SERVE WITH

Chilli shrimps

SERVES 10 with soup ● PREP 10 mins ● NO COOK Easy

Finely chop **1 large tomato**. Deseed and finely dice **2 long red chillies**. Mix with **300g cooked shrimps or small prawns, small bunch chives, snipped** and **small handful chopped coriander leaves**. Best assembled just before serving.

PER SERVING 24 kcals, protein 5g, carbs none, fat none, sat fat none, fibre none, sugar none, salt 0.29g

Photographs DAVID MUNNS | Food styling SARAH COOK assisted by ROSIE REYNOLDS | Styling VICTORIA ALLEN | Wine notes SARAH JANE EVANS MW

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Feeding a group of people always presents a dilemma – whatever you serve, it's hard to please everyone. You might be entertaining old, young, fun, grumpy, meat-eaters and veggies – but I have the solution. A simple, well-planned spread with lots of sides, sauces and dips so your guests can modify their plates to suit themselves

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When you're serving lots of options, you have to guess a bit on the quantities as you don't know what everyone will go for. I've given several suggestions for adapting dishes to suit everyone – the Chilli shrimps can be added to the soup, and I like to put out a bowl of harissa so guests can spice up their butter beans if they like. Also all these dishes make great leftovers, so nothing will go to waste

Slow-roast shoulder of pork

SERVES 10 ● PREP 10 mins plus marinating overnight ● COOK 6 hrs

Easy

4kg/8lb 13oz boneless pork shoulder joint, rind on and scored
12 garlic cloves
2 tbsp paprika
100ml/4fl oz vegetable oil
juice 3 lemons
4 large potatoes, halved

1 The day before, pat dry the pork with kitchen paper. In a food processor, whizz together the garlic, paprika, oil and lemon juice with 1 tbsp salt. Rub pork with the marinade and refrigerate for 12-24 hrs. **2** Heat oven to 150C/130C fan/gas 2. Place potatoes in a large roasting tin and sit the pork on top (the potatoes act as a trivet). Pour over any marinade with 300ml water, cover with foil and cook for 5 hrs. **3** Remove the foil and increase oven to 180C/160C fan/gas 4. Cook for a further hr. **4** Remove from the oven and leave to rest for 20-30 mins. To serve, lift off pieces of the crisp skin, then take 2 forks and slowly pull the meat apart. You can cut the pork into hunks if you want but I like it all in stringy bits, ready to go with whatever accompaniments you choose.

PER SERVING 655 kcals, protein 69g, carbs none, fat 42g, sat fat 16g, fibre none, sugar none, salt 0.49g

GETTING AHEAD

You'll need to dry and marinate the pork the day before you're entertaining.

Plus the soup, baked beans and pud can be made the day before.

Butter bean & tomato stew

SERVES 5 Easily doubled ● PREP 15 mins ● COOK 35 mins Easy V **Superhealthy**

Good source of iron, counts as 4 of 5-a-day

3 tbsp olive oil
2 shallots, diced
2 carrots, diced
1 large onion, sliced
6 large tomatoes, chopped and sprinkled with a little salt
400g can butter beans, drained
small bunch flat-leaf parsley, chopped
harissa, to serve

In a large pan, heat the oil and add the shallots, carrots and onion. Gently sweat, stirring, until soft but not coloured. Add tomatoes and slowly cook for 15 mins. Add the beans, reduce the heat to nearly nothing and warm through. Taste, season, then stir in the parsley. Serve with harissa.

PER SERVING 155 kcals, protein 5g, carbs 18g, fat 8g, sat fat 1g, fibre 6g, sugar 11g, salt 0.98g

Spiced yogurt with cucumber

SERVES 8-10 ● PREP 10 mins ● COOK 2 mins Easy V Low fat

Heat a small frying pan, then add **1 tsp each ground cumin, ground coriander and turmeric**, plus **½ tsp ground cardamom**. Toast for 2 mins. Halve, deseed and thinly slice **1 cucumber**, then mix with **500ml tub natural yogurt**, the toasted spices and **juice 1 lemon**.

PER SERVING (for 10) 48 kcals, protein 3g, carbs 5g, fat 2g, sat fat 1g, fibre none, sugar 5g, salt 0.11g

Herb & chilli salad

SERVES 8-10 Easily halved ● PREP 15 mins ● NO COOK Easy V Low fat

I love things that you can sprinkle over food. Fresh herbs smell amazing as they hit warm food, and shredded chilli adds that bit of spice.

2-4 long green chillies
1 long red chilli
large bunch each mint, coriander and flat-leaf parsley, very roughly chopped
small bunch basil, very roughly chopped
2 good handfuls pea shoots, very roughly chopped

Halve the chillies lengthways, getting rid of as many of the seeds as you want (this is where the heat is), then finely shred. Put in a bowl and sprinkle with a little water. Stir in the chopped herbs and pea shoots, then let everyone help themselves. Dress with oil and lime juice, if you like

PER SERVING (for 8) 6 kcals, protein 1g, carbs none, fat none, sat fat none, fibre none, sugar none, salt 0.03g

ADDED EXTRAS

Serve flatbreads and jacket potatoes with the butter beans. Kids will also love grated cheese. For even more jacket potato ideas, see p68.

Put out a bowl of harissa for those who like their food hot, and some soured cream to cool things down.

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Herb & chilli salad
Spiced yogurt with cucumber
Butter bean & tomato stew



WINE NOTES

On a dark and chilly night, a great match to the sweet soup and sumptuous pork is a medium-dry cider with a gentle ripple of appley bubbles – Thatchers Old Rascal from Somerset, 4.5% (£1.80/500ml plus p&p, *thatcherscider.co.uk*). Or pick up a case of Australian Little Creatures beers from Oddbins (£36.29). The dinky 330ml bottles are bursting with ripe fruit with a note of bitterness. Treat wine-lovers to an award- winning juicy red, Corriente del Bio Pinot Noir 2009, Chile, 14% (£7.49, Marks & Spencer).

Wow everyone with this prepare-ahead showstopper

Sticky chocolate pudding with marshmallows

SERVES 10 ● PREP 35 mins plus overnight chilling if you like ● COOK 40-50 mins Easy

Not many people I know would turn down chocolate pudding, and this is a marvel. It's a favourite in Australia, and the brilliant thing is that it makes its own sauce. Just before you put it in the oven sprinkle sugar and cocoa on top, pour over boiling water and, when it comes out, it's sitting in its own sticky sauce. Sparklers optional!

140g/5oz butter, melted, plus extra for the dish
375g/13oz self-raising flour
175g/6oz caster sugar
2 tsp baking powder
6 tbsp cocoa powder
350ml/12fl oz milk
3 eggs, beaten
1 tsp vanilla extract
single cream or vanilla ice cream, to serve
FOR THE TOPPING
450g/1lb light muscovado sugar
7 tbsp cocoa powder
2 large handfuls marshmallows

1 Butter a large baking dish (about 2-3 litres in size). Sift the flour, ½ tsp salt, caster sugar, baking powder and 6 tbsp cocoa powder into a bowl. In a separate bowl, combine the milk, melted butter, eggs and vanilla. Mix the dry and wet ingredients together, then pour into the baking dish. *This can be covered with cling film and chilled for up to 24 hrs.*
2 Heat oven to 180C/160C fan/gas 4 and boil the kettle. Take the pudding out of the fridge and uncover, if necessary. Sprinkle the muscovado sugar and cocoa evenly over the pudding, then pour 700ml boiling water over the top.
3 Bake for 35-45 mins until the pudding is puffy and firm in the centre. Scatter over the marshmallows and return to the oven for 30-second intervals until they are just melting. Serve straight away – it will be hot – with cream or ice cream.

PER SERVING 583 kcals, protein 7g, carbs 104g, fat 18g, sat fat 10g, fibre 2g, sugar 71g, salt 0.95g

• Catch John at MasterChef Live at London's Olympia, 12-14 November. For more details and how to book your tickets, visit *mastercheflive.com* or see p100. Remember, *Good Food* readers get discounts on tickets

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Atul's Spice Kitchen

Malaysia

Try cooking something deliciously different with these recipes from **Atul Kochhar**, featured in his new series on the Good Food channel



'I'm fascinated by Malaysia – like India, it is culturally diverse and was historically part of the spice route. Although I cook with spices every day for my Indian recipes, one of the high points of making this series was finding out how these familiar ingredients are used in different ways. I always use dried turmeric but here I learnt to use it fresh, and although I'm familiar with fresh and ground ginger, in Malaysia I also cooked with ginger buds and flowers.

Malaysian cuisine is as multicultural as the population. There are strong Chinese and Indian overtones to some recipes; the local Peranakan or Nyonya fare is a blend of Chinese, Malay and other influences such as Thai and Indonesian, plus there are very local tribal dishes. These three recipes show how different Malaysian cuisine can be.'
Atul Kochhar

Perak sea bass with ginger & lemongrass

SERVES 4 ● PREP 5 mins ● COOK 30 mins Moderately easy

Perak is a province in north-western Malaysia with strong Malay-Chinese influences. This recipe for serving fish on a pumpkin purée is a modern interpretation.

FOR THE PUMPKIN PUREE
1 piece pumpkin, about 200g/7oz, peeled and cubed
1 dried red chilli
1 star anise
1 cinnamon stick
FOR THE SAUCE
1 lemongrass stalks, finely chopped
2 red bird's-eye chillies, finely chopped
4 pickled onions, finely sliced
3cm piece ginger, finely shredded
1 tsp turmeric
zest and juice 1 lime
4 tbsp sweet Thai chilli sauce
4 large sea bass fillets
salad leaves, to serve

1 Put the pumpkin into a saucepan and pour over barely enough cold water to cover. Add the chilli, star anise and cinnamon stick, and simmer until the pumpkin is tender – about 20 mins. Discard spices, then purée the pumpkin in a food processor with the cooking liquid. Aim for a consistency that resembles thick double cream. Set aside.
2 To make the sauce, combine the lemongrass with the bird's-eye chillies, onions, ginger, turmeric, and lime zest and juice. Leave to stand for 15 mins. Stir in the sweet Thai chilli sauce and, using a stick blender or small food processor, blend until smooth. If you prefer, leave the sauce a slightly rough texture.
3 Steam the sea bass in a steamer basket for 5-7 mins until barely tender. Warm the pumpkin purée and divide between 4 serving plates. Top each portion with a sea bass fillet and spoon over the sauce. Serve with salad leaves.

Atul Kochhar, chef and owner of Benares restaurant in London, was the first Indian chef to earn a Michelin star. He regularly appears on TV, including BBC One's *Saturday Kitchen*, BBC Two's *Great British Menu* and the Good Food channel

WINE NOTES

The key to successful wine matches with Malaysian food is to find wines that have as much aromatic charm as the food: Sauvignon Blancs, Rieslings and Viogniers, and light reds like Beaujolais or Côtes du Rhône. With the spicy rendang, pick Zalze Shiraz Mourvedre Viognier 2009, Western Cape, South Africa, 14.5% (£6.99, Waitrose). It's a generous, lush red with alluring floral aromas from the dash of (white) Viognier.

For the chicken, Finest Rose Wall Viognier 2009, South Australia, 13.5% (£7.49, Tesco) has generous stone fruit characters and a tight, fresh finish. The sea bass shines with a Verdejo, a crunchy white from Spain with darts of lime and gooseberry and plenty of Sauvignon Blanc character: Cuatro Rayas 2009, 13% (£6.49, Marks and Spencer).

Market photograph PETE DADDS | Recipe photographs DAVID MUNNS | Food styling JENNIFER JOYCE | Styling JO HARRIS | Wine notes SARAH JANE EVANS MW

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Modern meets traditional



Succulent chicken with a brilliant mix of flavours

Aromatic grilled chicken

SERVES 6 ● PREP 20 mins ● COOK 1 hr 20 mins Moderately easy

All over Malaysia, it's common to cook chicken in a spiced coconut sauce that thickens to a paste, before being cooked or barbecued – preferably over charcoal, for the most authentic flavour. In this paste, the particular combination of flavours comes from Terengganu on the east coast of the Malaysian peninsula.

FOR THE TOASTED SPICES
½ tsp coriander seeds
1 tsp fennel seeds
3cm cinnamon stick
½ tsp black peppercorns
FOR THE AROMATIC PASTE
4 shallots
4 garlic cloves
3cm piece ginger
3 tbsp vegetable oil
2 lemongrass stalks, trimmed and finely chopped
1 tsp turmeric
2 red chillies, finely chopped
400ml can coconut milk
2 tsp light muscovado sugar
1 tbsp tamarind pulp or paste
12 skinless chicken thigh fillets, cut into large pieces

1 Heat a small, sturdy pan over a low heat. Cook the coriander seeds, fennel seeds, cinnamon stick and peppercorns for about 1 min until they give off a warm, spicy aroma. Using a mortar and pestle, pound them to a powder. You could also use a coffee grinder for this. Set aside.
2 To make the aromatic paste, finely chop the shallots, garlic and ginger, or put them into a small food processor, add a splash of water to moisten and blend until smooth. Heat the oil in a deep-sided frying pan over a low heat and add the shallot mixture. Allow it to soften for 5 mins without colouring. Add the lemongrass and cook for a further 5 mins. Stir in the turmeric and chilli, then fry for another 30 secs. Add the toasted spices, coconut milk, sugar and tamarind, and bring to a simmer.
3 Put the chicken in the pan with the sauce and cook uncovered over a low heat for about 1 hr, or until the sauce has cooked down to a paste and clings to the chicken. Add a splash of water if the sauce catches on the bottom of the pan.
4 Heat a grill to its hottest setting. Thread the chicken pieces onto skewers and cook on a rack under the grill for about 3 mins on each side until they colour and develop a smoky aroma.



Just right for a chilly night in with friends

Beef rendang

SERVES 4 ● PREP 10 mins ● COOK 2 hrs 40 mins Moderately easy

One of Malaysia's best-known dishes, rendang was originally made by the Minangkabau people in West Sumatra, using water buffalo. It is still served at the Eid ul-Fitr festival by Muslim Malays.

3 large shallots, finely sliced
1 lemongrass stalk
3 garlic cloves
5cm piece ginger, chopped
3 tbsp vegetable oil
1 tbsp red chilli paste
1½ tsp light muscovado sugar
650g/1lb 7oz stewing steak, cut into 3cm cubes
1½ tsp turmeric
3 kaffir lime leaves, fresh or dried
400ml can coconut milk
1½ tbsp desiccated coconut
steamed rice, to serve

1 Put the shallots, lemongrass, garlic and ginger in a food processor. Add a splash of water and blend until smooth.
2 Heat the oil in a heavy casserole pan over a medium heat. Fry the shallot mixture in the oil for about 5 mins, until you catch a fragrant toasted garlic and lemony aroma. Stir in the chilli paste and sugar, and fry for a further 5 mins until the mixture darkens and the oil separates from the spicy paste. Add the steak cubes and cook until lightly browned, stirring all the time. Add the turmeric, lime leaves and enough water to half-cover the meat. Cook, uncovered, until the meat browns and the masala (sauce) clings to the meat.
3 Pour over the coconut milk and about 200ml water. Simmer, partially covered, for about 1½ hrs or until the meat is tender and most of the liquid has evaporated, stirring every now and then. You might need to add a bit of extra water if the meat looks like it's starting to catch on the bottom of the pan.
4 Heat a small, sturdy frying pan over a low heat and toast the coconut, stirring all the time, until it's golden. Mix the coconut with the rendang and serve with steamed rice.

• ***Atul's Spice Kitchen: Malaysia*** **is new and exclusive to the Good Food channel, weeknights at 8pm from 24 October (Sky 249 or Virgin 260)**

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Jamie's 30-minute menu

Jamie Oliver shows how to cook a two-course meal in just half an hour – this menu would make a great family lunch or supper

These recipes are taken from *Jamie's 30 Minute Meals* by Jamie Oliver, published by Michael Joseph. Recipes copyright © Jamie Oliver 2010; Photographs copyright © David Loftus 2010, jamieoliver.com penguin.co.uk

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The search for Britain's best pudding


Lulu, Bill, Christopher and Rachel

Earlier this year we teamed up with the Good Food channel and asked you to send in your favourite recipes in order to find Britain's best pudding. After whittling the entries down to a shortlist of 30, judging took place in our magazine test kitchen, under the watchful eye of host Christopher Biggins. Judges Rachel Allen, Bill Granger and I tasted our way through the list, looking for original ideas with clever ingredient combinations that added up to really good British puds. Here are three that caught our eye during the judging. A big thank you to everyone who entered

LULU GRIMES, Food director of *Good Food*



Imogen Bahl *from London: Under 12 category. 'I have always liked making meringue and experimenting with different flavours. I also love raspberries and chocolate so I came up with this, which has them all!'*

Hazelnut meringue surprise

SERVES 8 ● PREP 20 mins ● COOK 35 mins

Moderately easy ❄ meringues only

a little butter, for the tins
200g/7oz hazelnuts
25g/1oz icing sugar
6 egg whites
450g/1lb golden caster sugar
1 tsp vanilla extract
½ tsp white wine vinegar
200g/7oz plain chocolate, chopped
400ml/14fl oz extra thick double cream
200g/7oz raspberries

1 Heat oven to 190C/170C fan/gas 5. Butter and line the bases and sides of 2 x 20cm springform tins with baking parchment. Grind the hazelnuts and icing sugar in a food processor until fine. Whisk the egg whites until stiff, add half the caster sugar and whisk again until stiff, then repeat with the rest of the caster sugar. Fold in the vanilla, vinegar and ground nut mixture until well combined. Divide the mixture between the tins and bake for 25-30 mins until the tops are firm to the touch. Remove and cool in the tins on a wire rack. The meringues are very fragile and may crack a little, but don't worry.

2 While the meringues cool, make the chocolate cream. Melt the chocolate in a bowl over a pan of barely simmering water, then remove from the heat. Leave to cool slightly, then stir in the cream and leave to set in a cool place.

3 Carefully remove the cooled meringues from the tins and put one layer onto a serving plate. Lightly crush half of the berries with a fork. Using a palette knife, spread half the chocolate cream over the meringue and spoon over the berries. Top with the remaining layer, then ice with chocolate cream and decorate with remaining berries. Chill until serving.

PER SERVING 764 kcals, protein 9g, carbs 83g, fat 47g, sat fat 20g, fibre 3g, sugar 82g, salt 0.18g

JUDGES' VERDICT

This is a very sophisticated recipe for the age group. We thought the flavour and texture balance of sweet meringue with slightly bitter chocolate cream worked particularly well.

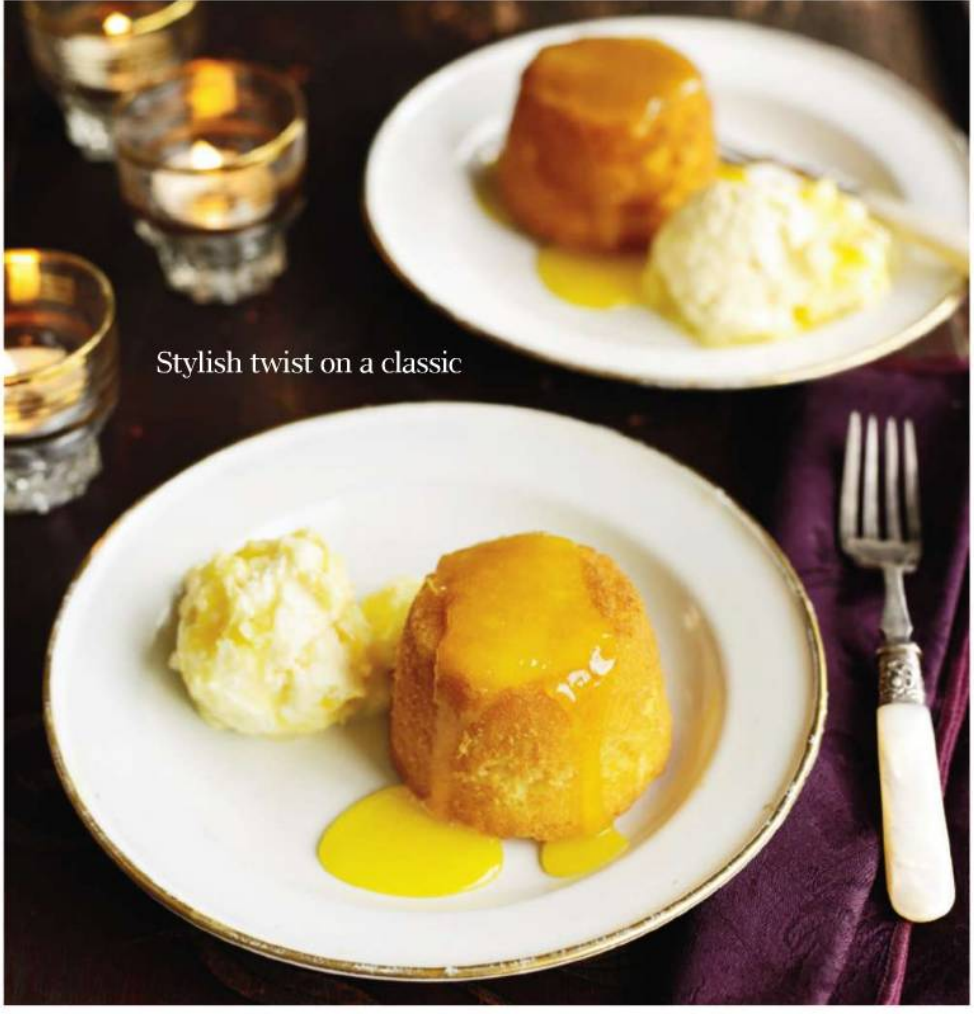
The winners of Britain's best pudding will be announced on 22 November during *Market Kitchen: Big Adventure* on the Good Food channel. Prizes for the winner of each category (Under 12, 12-17 and Adult) will be presented at the BBC Good Food Show Winter in Birmingham, 24-28 November 2010.

Photographs WILL HEAP | Food styling VAL BARRETT | Styling JO HARRIS

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Sweet treat that is very impressive



Stylish twist on a classic



Alison Coulling *from Sheffield: Adult category. 'This came about as an alternative to my sticky toffee pudding. You could also try it using oranges or clementines.'*

Tangy lemon pudding with lemon meringue ice cream

SERVES 4 ● PREP 30 mins plus freezing ● COOK 50 mins

Moderately easy ice cream only

FOR THE LEMON SAUCE
2 eggs, plus 1 egg yolk
zest and juice 3 lemons
375g/13oz caster sugar
85g/3oz butter
FOR THE ICE CREAM
500g tub crème fraîche
2 meringue nests, crushed
FOR THE PUDDINGS
100g/4oz butter, softened, plus extra for greasing
100g/4oz caster sugar
3 eggs, beaten
100g/4oz self-raising flour
zest 1 lemon, plus 1 tbsp juice

1 For the lemon sauce, beat together the eggs and yolk with the zest and juice. Add the sugar and butter, then place the bowl over a pan of gently simmering water. Stir until the sauce is glossy and has thickened to coat the back of the spoon. Remove and leave to cool.
2 For the ice cream, churn the crème fraîche in an ice-cream machine until it is thick. Remove from the machine, then marble in 200ml of the cooled lemon sauce and fold through the meringue pieces. Transfer to the freezer for 3-4 hrs until frozen.
3 Heat oven to 200C/180C fan/gas 6. Butter 4 individual pudding moulds and line the bases with greaseproof paper. Beat the butter and sugar until pale and fluffy. Gently fold in the eggs and flour alternately, a little at a time, until combined, then add the zest and juice. Spoon into the moulds so that they are three-quarters full and bake for 20 mins until golden, risen and firm to the touch. Leave to cool slightly, then turn out. To serve, gently reheat the sauce, pour over the puddings and accompany with the ice cream.

PER SERVING 1,528 kcals, protein 16g, carbs 154g, fat 98g, sat fat 59g, fibre 1g, sugar 135g, salt 1.17g

JUDGES' VERDICT

This pretty plated pudding looked worthy of the best restaurants and tasted just as good. We also loved the flavour of the really easy ice cream.

• For new cooking programmes and loads of your old favourites, watch the Good Food channel on Sky 249 or Virgin 260.



Frances Auger *from Tiverton: 12-17 category. 'When I thought of a typical British pudding, apples and sponge sprung to mind. I tried lots of combinations but apples and ginger worked really well together. Try to use buttermilk as it gives the sponge softness and extra flavour.'*

Ginger & caramel apple puddings

MAKES 6 ● PREP 30 mins ● COOK 20 mins Easy

FOR THE CARAMEL APPLES
50g/2oz butter, plus extra for the ramekins
1 large cooking apple, peeled, cored and finely chopped
75g/2½oz light brown muscovado sugar
FOR THE PUDDINGS
140g/5oz butter, softened
100g/4oz light brown muscovado sugar
1 egg
125ml/4fl oz buttermilk
2 balls preserved stem ginger, finely chopped, plus 1 tbsp syrup from jar
100g/4oz plain flour, plus extra for dusting
1½ tbsp ground ginger
½ tsp baking powder
½ tsp bicarbonate of soda
icing sugar, for dusting
cream or custard, to serve

1 Heat oven to 180C/160C fan/gas 4. Lightly butter and flour 6 x 8cm deep ramekins, tapping out excess flour. Heat the butter in a pan until foaming, add the apple and cook for 1 min on a medium heat. Toss in the sugar and cook until dissolved. Divide between the ramekins.
2 For the puddings, beat the butter and sugar together with an electric whisk until fully combined. In a separate bowl, mix together the egg, buttermilk, chopped ginger and ginger syrup, then stir this into the butter mixture. Fold in the flour, ground ginger, baking powder, bicarbonate of soda and a pinch of salt. Divide between the ramekins so they are filled to 1cm below the top. Place them on a baking tray and bake for 20 mins, until golden and risen.
3 Serve warm, dusted with icing sugar. Accompany with cream or custard.

PER PUDDING 470 kcals, protein 4g, carbs 53g, fat 28g, sat fat 17g, fibre 1g, sugar 39g, salt 1.07g

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Warm, comforting and simply delicious

JUDGES' VERDICT

A light, crusty ginger sponge hides a syrupy caramel apple bottom. This pudding disappeared in minutes!

Homemade fresh pasta

Cooking for pleasure



SHAPING YOUR RAVIOLI

- Stamp circles with a round cutter but instead of sandwiching two together, try folding circles in half to make half-moon ravioli.
- If you're short of cutters, just use a knife. Heap small teaspoonfuls of filling down a narrow length of pasta, then dampen the edges. Lay a second sheet of pasta on top and seal around the mounds of filling – try to expel as much air as you can – then trim edges and cut ravioli into squares.

Pasta

SERVES 4 ● PREP 30 mins plus 30 mins resting ● NO COOK Moderately easy

300g/11oz '00' pasta flour, plus extra for kneading and dusting
3 large eggs

1 Place the flour and a pinch of salt in a food processor and crack in the eggs. Pulse until mixture forms sticky-looking crumbs. Turn the mixture out onto a lightly floured surface and bring together to form a firm dough. Knead for 5 mins until the dough feels smooth, wrap in cling film and chill for 30 mins. To make by hand, shape flour into a 'ring' on a work surface, crack eggs into the middle, then gradually work the flour into eggs using your fingers.
2 Cut the pasta into quarters, then roll out each piece using a pasta machine. Dust with flour as you go and move it down a notch onto a thinner setting every second roll. Continue until you get to the penultimate setting. If you like your pasta very thin and delicate, you can go for the thinnest setting. If you don't have a machine, use a heavy rolling pin to roll the dough as thinly as possible.
3 To make ravioli, follow the next recipe. For tagliatelle, use the cutter on your pasta machine or cut strips using a sharp knife. To make lasagne sheets, cut the pasta into sheets about 12 x 18cm. Leave covered with a tea towel until ready to use so it doesn't dry out.

Sweet potato & goat's cheese ravioli

SERVES 4 ● PREP 30 mins (plus making pasta) ● COOK 5 mins Moderately easy

2 sweet potatoes
2 tbsp pumpkin seeds, plus extra to garnish
125g crumbled goat's cheese
1 x quantity ingredients for Pasta (left)
semolina, for dusting
chilli oil, grated Parmesan, to serve

1 Bake, steam or microwave the potatoes, then roughly mash. Mix with the pumpkin seeds and goat's cheese.
2 Make pasta according to recipe, left. Stamp out rounds using a ravioli cutter or a 6cm biscuit cutter (A) – work quickly so the pasta doesn't dry out. Lay the circles on a semolina-dusted surface and cover with cling film as you cut the rest.
3 Place a small tsp of filling in the centre of each round (B). Dampen the edges with water, then sandwich another round on top. Use your fingertips to seal the edges, trying to expel all the air as you go (C). Lay the ravioli on a semolina-dusted tea towel to dry for a few mins.
4 Cook ravioli in a large pan of gently boiling salted water for 4-5 mins. Do not use a full rolling boil as it is likely to make ravioli split. Drain, and serve with a little chilli oil, Parmesan and pumpkin seeds.

PER SERVING 507 kcals, protein 21g, carbs 80g, fat 14g, sat fat 5g, fibre 5g, sugar 7g, salt 1.02g

KNOW-HOW

Semolina, made from durum wheat, is quite coarse so it acts as an abrasive and prevents the pasta from sticking to the surface more effectively than flour. It also adds a little bite to the finished ravioli.

• Born and raised in Derby, Silvana comes from a large Italian family who love to cook. She has written many cookbooks, including *Pasta*, and her regular TV appearances include BBC's *Saturday Kitchen*, Good Food's *Market Kitchen* and ITV's *This Morning*.


A


B


C

Photographs LIS PARSONS | Food styling SILVANA FRANCO | Styling JENNY IGGLEDEN

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Fresh pasta is incredibly satisfying to make and far easier than you may think. It also tastes a million times better than bought. A food processor and small hand-turned pasta machine make the process easier, but they're not essential

SILVANA FRANCO, Food writer



Sweet potato & goat's cheese ravioli

Kitchen supper for two



A guinea fowl is the perfect size bird and this recipe makes a great alternative to roast chicken

JEMMA MORPHET, Food writer

One-pot roast guinea fowl

SERVES 2 ● PREP 20 mins ● COOK 1 hr 40 mins Easy

Other seasonal vegetables, such as celeriac and turnips, will also work well in this recipe.

1 onion, cut into wedges, through the root
2 carrots, quartered lengthways
1 large potato, cut into bite-size chunks
1 tbsp olive oil
1 small guinea fowl (around 1kg/2lb 4oz)
1 tbsp butter at room temperature, plus 2 tsp for the gravy
4 smoked streaky bacon rashers
6 garlic cloves, unpeeled
few thyme sprigs
300ml/½pt chicken stock
100ml/3½fl oz white wine
2 tsp plain flour
1 tbsp redcurrant jelly

1 Heat oven to 180C/160C fan/gas 4. Toss the vegetables with the oil and some seasoning in a large flameproof roasting tin. Place the bird on top of the veg, smear with 1 tbsp butter and lay the rashers in a row over the breast. Season generously, then roast for 40 mins.
2 Remove from the oven and give the veg a stir while adding the garlic and thyme. Pour 200ml stock and the wine over the veg and return to oven to roast for another 40 mins until the bird is cooked through and the juices run clear.
3 Remove the bird, place on a serving plate, cover with foil to keep warm and leave to rest. Turn the oven up to 200C/180C fan/gas 6 and roast the veg for a further 15 mins until tender.
4 Remove the veg with a slotted spoon and transfer to the serving plate with the bird. Mix 2 tsp butter and flour in a small bowl to form a smooth paste. Place the roasting tin with all the cooking juices, plus any resting juices, on the hob. Whisk the paste and redcurrant jelly into the juices until dissolved, then add the remaining stock and extra seasoning, if you like. Bubble for a few mins until the sauce thickens. Slice and serve the guinea fowl, crisp bacon and the veg with the sauce on the side.

PER SERVING 977 kcals, protein 92g, carbs 40g, fat 47g, sat fat 18g, fibre 5g, sugar 18g, salt 2.39g

TASTE TEAM COMMENT



'This guinea fowl recipe sounded appealing and autumnal. The contrast of sweet veg to gamey, tender meat was really delicious. It would work well with chicken, too. We loved the pud – I enjoyed cooking with fresh vanilla for the first time, and we liked the crunch of almonds against the soft pears.' SIAN

GUINEA FOWL

This bird has a more gamey flavour than pheasant or grouse. Widely farmed, it's great value. Look for it in branches of Sainsbury's and Booths.

FOR A QUICK DESSERT

Hot honey pears

SERVES 2 ● PREP 10 mins ● COOK 10 mins

Easy **Superhealthy**

Melt **1 tbsp butter** in a non-stick frying pan. Add **2 cored, thickly sliced pears**. Pan-fry until golden, turning pears carefully. Add the scraped-out seeds from **¼ vanilla pod** and **1 tbsp clear honey**. Stir to combine, then place in bowls and serve with a **scoop of vanilla ice cream**, topped with a **handful of toasted flaked almonds**.

PER SERVING 138 kcals, protein 1g, carbs 21g, fat 6g, sat fat 4g, fibre 3g, sugar 21g, salt 0.11g

WINE NOTES

Guinea fowl favours a medium-bodied red: Finest Barbera d'Asti, 13.5% (£6.99, Tesco) is a good-value Italian with lively redcurrant fruit to match the flavouring of the sauce.

Photograph PETER CASSIDY | Food styling CAROL TENNANT | Styling SUE ROWLANDS | Wine notes SARAH-JANE EVANS MW

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No-fuss roast dinner



Nigella's roast beef

One of the things I love about having friends over to eat is being able to relax. As someone whose greed can make choosing from a menu anxiety-laden, I revel in the simplicity of the home kitchen

About this bone: it matters. Without it, you'll never get the sweet and tender flavour this roast just oozes. To make carving easier, however, ask the butcher to cut between bone and meat and to sit the meat back on the bone and tie it securely. My two-hour cooking stipulation ensures the joint is cooked the way I like it – quiveringly underdone – but you must add more time if you want it less rare.

However you like it cooked, the beef must be at room temperature before it goes in the oven and, after an initial 15 minutes for all tastes, work on the principle of giving a joint 33 minutes per kilo (15 minutes per lb in old money) for rare, 44 minutes per kilo (20 minutes per lb) for medium and 66 minutes per kilo (30 minutes per lb) for well done.

As ovens vary so much, you might be wise to invest (no major outlay incurred) in a meat thermometer: that way, you can be sure the meat is cooked to your taste. As a rule of thumb, when the thermometer – plunged into the fleshy centre – reads 60C, your beef is rare, when it's 71C, it's medium, and at 82C, well, you've pretty well – in my book – got shoe leather. But if that's what floats your beefy boat, enjoy – and hope your guests do, too. (If you're leaving the beef to 'rest' for 20-30 minutes after cooking, you might want to take 3-5C off these temperatures because the meat will carry on cooking as it sits.)

The woodsy smell of the truffle oil is a fittingly luxurious anointment for the beef. (If you want to, though, you could forgo the truffle oil and increase the garlic oil).

Roast rib of beef

SERVES 8-10 ● PREP 10 mins ● COOK 2 hrs Easy

1 x 4-rib joint of Scotch or Black Welsh beef, approx 3.75kg total
3 tsp English mustard powder
1 tsp sea salt flakes or ½ tsp pouring salt
1 tsp truffle oil
1 tsp garlic oil
1 leek
4 tsp Marsala

1 Take your beef out of the fridge in time for it to come to room temperature, which might – given the size of this beautiful beast – take up to 1 hr, and take off any wrapping.
2 Preheat your oven to 220C/gas mark 7. Put the English mustard powder, salt, truffle and garlic oils in a small cup or bowl and make a paste, then massage this over the beef. Cut the leek in half lengthwise, then across, and drop the green strips into the centre of a large roasting tin. Pour over the Marsala and sit the beef on top. Put the beef in its roasting tin into the oven and let cook for 2 hrs for rare meat or more, according to choice.
3 When the meat's had the heat-treatment it deserves, take the tin out of the oven and remove the beef to a carving board, tent it with foil and leave it to sit out of any draught for about half an hour.

GOOD FOOD TIP

To carve the joint into neat, even slices, first cut away and remove all the bones.

Red Leicester mash

SERVES 8-10 ● PREP 10 mins ● COOK 50 mins Easy V

This is the cheese to which my children are addicted – feel free to substitute any cheese of your choice. Cheesy mash may not be chic (thank goodness) but it brings to the beef the feel of a cosy Sunday lunch.

2kg floury potatoes
250ml full-fat milk
250g Red Leicester cheese, grated
salt and pepper, to taste

1 Peel the potatoes (unless you have a ricer to mash them, as I do), cut them in half and drop them in a large pan of cold water. Lumber comically over to the stove with your giant pan, put the potatoes on a high heat and, when the water comes to a boil, salt them and turn down the heat to keep things at a resolute simmer for approx 40 mins until the potatoes are tender and feel ready to be mashed when pierced with a fork.
2 Carefully now, drain the potatoes, pour the milk into the emptied out but still hot pan and let the milk warm up, putting the pan over a low heat if need be. Turn off the heat and mash the potatoes with a potato ricer over the pan and into the milk – every now and again you will have to use the point of a sharp knife to help you remove the potato skins from the ricer. (Or you can just put the peeled and cooked potatoes with the milk in the pan and mash by hand.)
3 When all the potatoes have been mashed, put the pan over a low to medium heat and beat well with a wooden spoon until hot again. Add the cheese in 2 batches, beating well with your wooden spoon in between each addition. Season to taste, and serve piping hot.

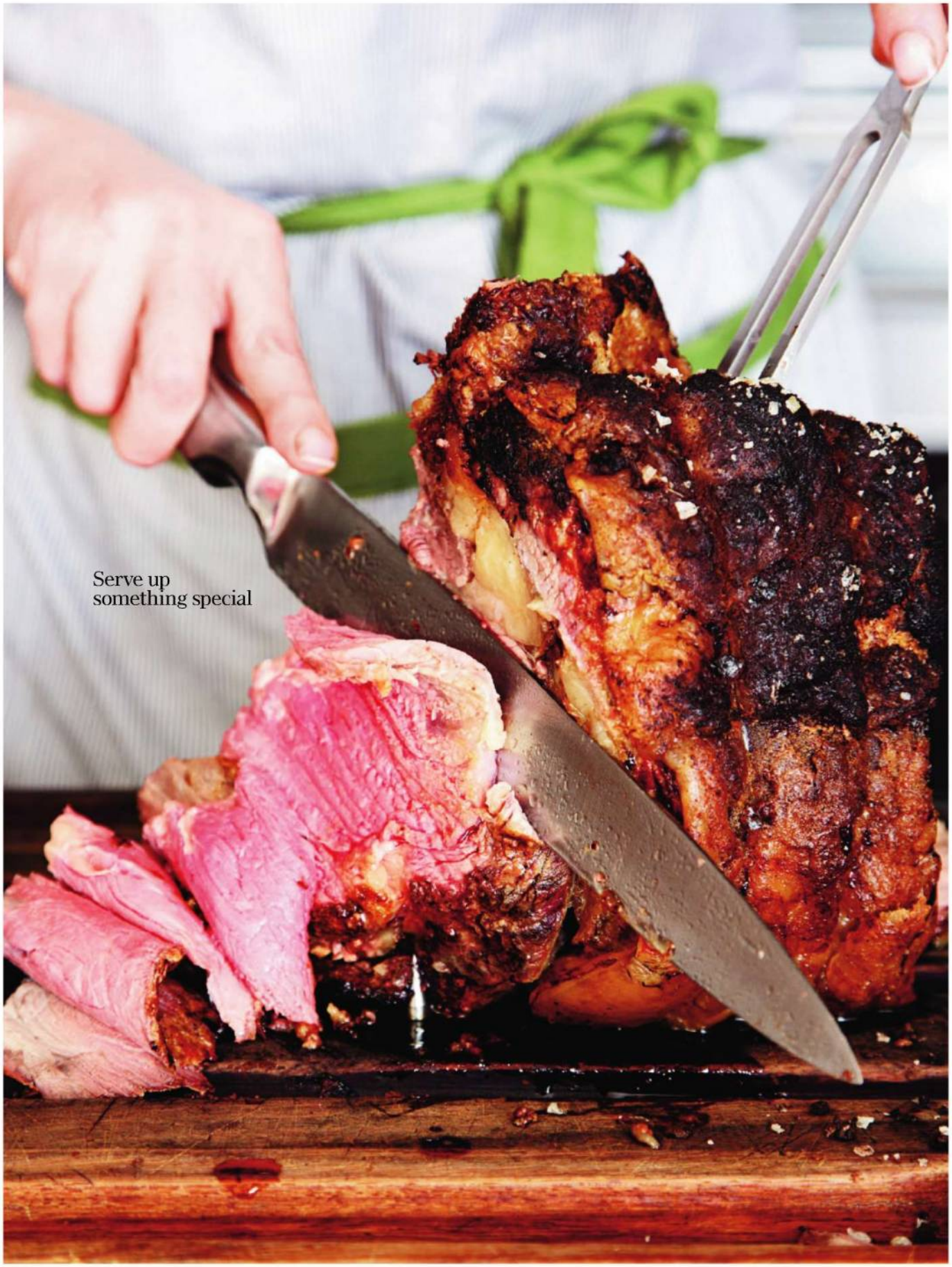
These recipes are extracted from Nigella Lawson's new book, *Kitchen: Recipes from the Heart of the Home*, published by Chatto & Windus at £26.

You can buy the book for the special price of £23.40 (p&p is free). Simply call 01326 569444 or visit *bbcgoodfood.com/sparkledirect*.

PLUS, receive this book absolutely free when you take out a subscription to *Good Food* – see p64 for details.

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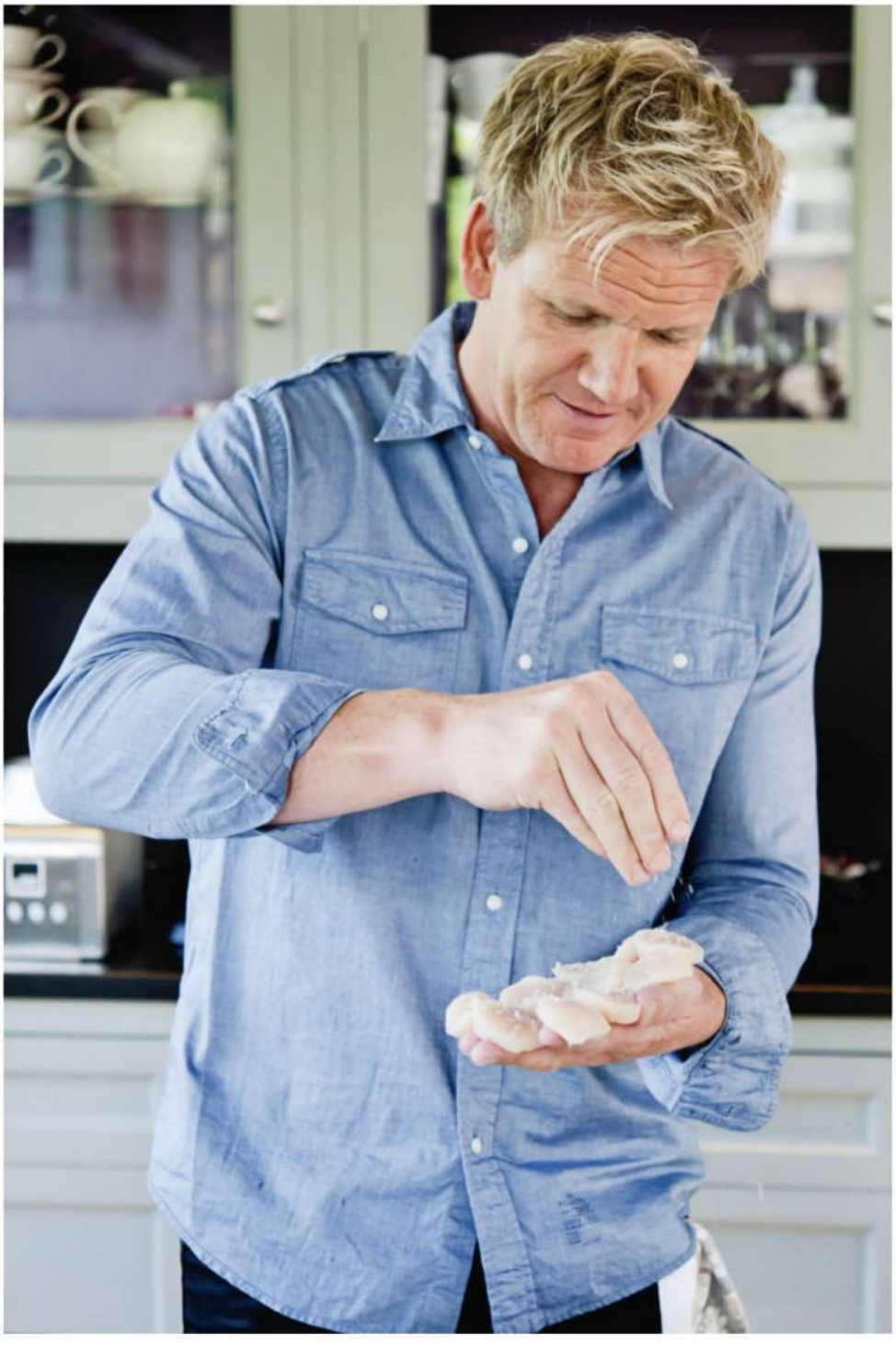
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Gordon Ramsay's Masterclass

Exclusive step-by-step recipe



Pan-fried scallops with butternut squash two ways

SERVES 2 ● PREP 30 mins ● COOK 40 mins Moderately easy

The squash purée and warm salad can be made up to a day ahead and reheated just before serving, leaving you free to cook the scallops.

6 large scallops, prepared and halved (see Preparing scallops, over the page)
2 tbsp olive oil
FOR THE PUREE
50g butter
bottom half of 1 small butternut squash, peeled, deseeded and cut into small chunks (save the top half for the dressing)
75ml fresh chicken stock
1 tsp finely grated Parmesan
FOR THE WARM SALAD
top half of 1 butternut squash, peeled
2 tbsp olive oil
150g piece streaky bacon, cut into small pieces, or pre-cut lardons
1 small red onion, finely chopped
1 tbsp small capers
1 tbsp Sherry vinegar
2 tbsp finely chopped chives

PER SERVING 824 kcals, protein 40g, carbs 27g, fat 62g, sat fat 24g, fibre 5g, sugar 15g, salt 3.98g

Photographs GARETH MORGANS | Food styling GORDON RAMSAY | Styling ANDREW JACKSON | Feature coordinator BARNEY DESMAZERY

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It's my birthday this month and there's nothing I'd rather eat with a glass of Champagne than some plump, hand-dived scallops. Luxurious, sustainable, quick to cook and impressive on the plate, scallops are one of Britain's finest ingredients

Restaurant-style food at home

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1 To make the purée, heat the butter in a small saucepan and add the squash. Sweat it over a very low heat for 5 mins, then pour over the stock. Cover and gently simmer for 10-12 mins until the squash is very soft.



2 Take off the heat and add the Parmesan. Use a hand blender or food processor to blitz the squash until smooth, then press through a sieve into another saucepan. Season to taste and set aside.



3 To make the warm salad, trim the squash into a neat block, then neatly dice the flesh into cubes no larger than 1cm. Heat half the oil in a non-stick frying pan. Fry the squash for 10 mins, or until tender and coloured, then tip onto a plate.



4 Place the pan back on the heat and gently fry the bacon for 10 mins, or until crisp and brown. Add the onion and cook for 2 mins to soften in the fat, then add the capers and squash, drizzle over the Sherry vinegar and toss together for 1 min. Off the heat, stir in the chives and the rest of the oil, then tip everything into a bowl and keep warm.



5 Have the scallops to hand as you will need to work fast when cooking them. Clean out the frying pan and place it back on the heat with a drizzle more oil. When the oil starts to shimmer, carefully lay the scallops in the pan one at a time, like points on a clock face, starting at 6 o'clock, so you remember which one went in first.



6 Scallops take very little time to cook, so by the time the last one is in the pan, the first will be brown and ready to turn over. Flip all the scallops over and give them about 1 min more, then lift onto kitchen paper on a plate to drain the oil. With the salad and the purée still warm, you are now ready to plate up.

• Gordon will be cooking live at BBC Good Food Show Scotland (22-24 Oct) and BBC Good Food Show Winter (24-28 Nov). Visit *bbcgoodfoodshow.com* to buy tickets

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Secrets from Gordon's kitchen

PREPARING SCALLOPS



1 Prise open the shell using a stiff, flat-bladed knife. Detach the scallop by cutting through the muscle along the flat lower shell.



2 To shuck the scallop (remove it from its shell), pull open the shell and loosen the scallop from the round upper shell using the knife. Scoop into a bowl.



3 Carefully pull the frilly skirt and black sac away from the scallop. The orange roe is edible but not everyone likes it, so pull it away if you like, along with the tough piece of muscle that attaches it.



4 Cut larger scallops in half horizontally (as I have for this recipe), so that you have two neat discs of meat.

PLATE UP LIKE A PROFESSIONAL



1 Spoon half the warm salad down the middle of each plate.



2 Overlap 6 pieces of scallop along the salad.



3 Use a spoon to swipe the purée around the outside of the food.



4 Drizzle everything with a touch more oil, and you are now ready to serve.

BUYING THE BEST

The quality and price of scallops is dependent on whether they have been dredged or hand-dived. Dredging scrapes them up from the seabed in nets. This is the most common and cheapest method, but as they are dragged along, they get covered in silt and can easily be damaged by rocks. It also damages the sea bed.

The best-quality scallops are hand-dived, where each one is plucked from the seabed. This is labour-intensive so these are considerably more expensive.

You can buy prepared scallops or ask for them to be prepared for you by your fishmonger. Some suppliers plump up scallops by soaking them in water, but you can avoid this by buying them still in their shells and preparing them at home yourself, or watching the fishmonger prepare them while you wait.

When buying prepared scallops out of shells, look for off-white ones, as bright white is a sign they may have been soaked, and choose neat, round nuggets of meat that don't smell at all fishy.

Scallops vary hugely in size so use your judgment to decide how many you'll need. Large ones can be cut in half to make two pieces.

Next month… Discover which Christmas show-stopper our Facebook fans have voted for Gordon to cook

Find more Gordon Ramsay recipes on our website, bbcgoodfood.com

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Potato dauphinoise

The Ultimate MAKEOVER



One of my toughest challenges yet – to create a lighter version of this classic potato dish that tastes just as creamy ANGELA NILSEN, Food writer

Turn the page for the recipe ▶

Potato dauphinoise relies on butter, full-fat milk and double cream for its extravagant richness. What makes this dish hard to adapt is that the recipe also relies on the potatoes cooking in, and marrying with, these ingredients to create a creamy sauce.

Seeking advice

In *French Provincial Cooking* (£14.99, Grub Street), Elizabeth David offers her favourite regional version, made with potatoes, thick fresh cream and butter – that's half a pint of cream to a pound of potatoes. 'This doesn't give much scope,' said nutritionist Fiona Hunter. 'With all that cream, it's never going to be healthy.'

So how could I reduce the fat? What if I used crème fraîche instead of double cream? Fiona told me that crème fraîche is slightly lower in fat and saturated fat, but that half-fat crème fraîche would be better.

Testing times

Over the years I've perfected my own much loved version of this dish, but to reduce the fat, I needed to rethink both the method and ingredients. For my first test, I used smaller amounts of milk and crème fraîche and used reduced fat versions of both.

Usually I mix hot milk into the double cream which, when poured over the layered potatoes, speeds up the cooking. However, when I tried this with half-fat crème fraîche and semi-skimmed milk, the whole lot curdled. So I let the milk cool down, then stirred in the half-fat crème fraîche. It looked fine initially, but was too thick, and in the heat of the oven what little sauce there was curdled around the potato slices. The same thing happened when I tried soured cream and whipping cream.

Reduced-fat dairy ingredients can't tolerate much heat, so although *Good Food*'s nutritionist Wendy Doyle told me that my recipe was now low fat, that had come with a price – it didn't look or taste good. I decided that I needed to re-introduce some of the fat.

A fresh approach

To bring back the creamy texture of the sauce, I used regular crème fraîche. This upped the fat, but I then cut it again by reducing the amount. To give me enough liquid, I mixed in a little vegetable stock, which also provided additional seasoning.

Some recipes part-cook the potatoes beforehand, but I prefer layering up the slices raw. Rather than rubbing garlic around the baking dish as in many traditional versions, I gained extra flavour by infusing the milk with herbs, garlic and a shallot. And I've always found that waxy Desirée potatoes don't disintegrate during cooking or soak up all the sauce.

As I lifted the final test from the oven, the sauce was bubbling and a scattering of grated Gruyère cheese on top finished it off with a golden glow. After letting the dish stand for a few minutes, some of the sauce was absorbed into the potatoes, making them light, tender and creamy.

The verdict

Nutritionist Wendy Doyle told me that the calories and fat had been greatly reduced in my new, improved dauphinoise. My tasters praised its creaminess and flavour, and declared it a very special potato dish.



Less fat, still creamy









The Ultimate Makeover Potato dauphinoise

SERVES 6 ● PREP 30 mins ● COOK 1½ hrs Easy V

1 tsp olive oil
150ml/¼pt semi-skimmed milk
1 plump garlic clove, peeled and halved
4 thyme sprigs, plus extra for sprinkling
1 bay leaf
1 shallot, roughly chopped
good pinch freshly grated nutmeg
1kg/2lb 4oz waxy potatoes (try Desirée)
140g/5oz full-fat crème fraîche
75ml/2½fl oz vegetable stock (Marigold bouillon)
1 tsp thyme leaves
25g/1oz Gruyère or vegetarian alternative, grated

1 Heat oven to 160C/140C fan/gas 3. Brush the oil over the bottom and sides of a 25 x 19 x 5cm ovenproof dish. Put the milk, garlic, 4 thyme sprigs, bay leaf and shallot into a saucepan. Bring just to the boil, then remove from the heat and add the nutmeg and a little pepper. Set aside to infuse.

2 Peel then slice the potatoes very thinly. Pat them dry. Layer half the slices in the dish, overlapping slightly, then season.

3 Strain the infused milk into a jug. Put the crème fraîche into a bowl, then gradually pour in the milk, whisking until smooth. Add the stock and thyme leaves. Return this liquid to the jug, then pour half of it over the potatoes in the dish. Layer up the rest of the potatoes, then add remaining liquid, the cheese and a grind of pepper. Sit the dish on a baking sheet and bake for 1¼-1½ hrs until golden and tender – test by inserting a sharp knife through the potatoes. Stand for 5 mins before serving, sprinkled with thyme sprigs.

PER SERVING 232 kcals, protein 6g, carbs 27g, fat 12g, sat fat 7g, fibre 2g, sugar 3g, salt 0.25g

MAKING IT HEALTHIER

One classic serving of Potato dauphinoise has 424 kcals, 32.3g fat (18.4g of which is sat fat) and 0.82g salt. My version contains 232 kcals, 12g fat (7g sat fat) and 0.25g salt.

Here's how I did it:

- Lowered the fat by eliminating cream and butter. I used crème fraîche combined with stock and semi-skimmed milk instead.
- Reduced the amount of salt, as the stock gave added savouriness.

Photographs LIS PARSONS | Food styling ANGELA NILSEN | Styling JENNY IGGLEDEN

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What to drink



Sarah Jane Evans picks her best buys and recommends online wine merchants so you can get organised for Christmas

Buy to get ahead



Tanners ***tanners-wines.co.uk,*** **01743 234455** Recent winner of *Decanter* magazine's 'Independent Wine Merchant of the Year' award. A long-standing family business with the traditional classics, as well as newer styles; well priced, too. **Try** Château Chassantour 2009, Régnié, France, 13% (£9.20). A model of a food-friendly wine: Beaujolais from a great vintage, with crunchy freshness to pair with a rich roast.

Wine online

November is the month to get ahead with wine shopping, visiting your local independent wine merchant or shopping online. The best offer characterful wines, personal service and value for money at each price point. Make friends with your local independent merchant and shop from them.

Then in December shop in the high street and supermarkets for budget wines, as well as soft drinks and mixers, and last-minute top-ups. They also offer swingeing discounts in November and December on brand names, Champagnes and Ports. Before snapping up offers, though, I would advise trying a bottle to decide whether it is really worth the money.

Alternatively, choose from this small selection of my favourite merchants who offer good national coverage. All provide friendly telephone advice. Most have clubs, regular offers and pre-selected cases to make choosing easier. The minimum order is six or 12 bottles, but most will take mixed orders, making your Christmas planning easier.



From Vineyards Direct ***fromvineyardsdirect.com,*** **020 7490 9910** A small but reliably selected collection, mainly from France, Italy and Spain.

Naked Wines ***nakedwines.com,*** **01603 281800** A young, lively website full of 'attitude' from the founder of Virgin Wines, offering wines directly from small winemakers.

Yapp ***yapp.co.uk,*** **01747 860423** Award-winning specialist on French wines (even Corsican), with individual, characterful wines.

Slurp ***slurp.co.uk,*** **08445 445464** Claims to be 'the UK's fastest growing online wine retailer'. A wide-ranging list, and a well-designed, easy-to-search website.

The Real Wine Company ***therealwineco.co.uk,*** **01753 664190** A young, family business offering a personal service. Specialises in Chile, France, Slovenia and Spain; also has some fine Proseccos. **Try** Trèser Brut NV, Prosecco di Valdobbiadene, Italy, 11% (£11.99). Deliciously soft and fresh, citrus and apple, a well-priced party wine.



The Wine Society ***thewinesociety.com,*** **01438 741177** Over a century old, The Wine Society has refined good service to a fine art. It is great value at every price point worldwide. **Try** The Society's Chilean Syrah, Elqui Valley, 2007, 14.5% (£6.50); a bright, redcurranty, smoky Syrah from Chile's newest wine valley.

Top tip Be prepared for red wine stains on clothes and tablecloths this Christmas. During a recent trip to discover the wines of Washington State, I found that all wineries used Wine Away, which is made locally.

Every winery had bottles to hand, ready to spray on awkward spills. The simple, citrus-scented spray lifts stains in seconds.

It's available in the UK from Lakeland at £9.99/360ml, *lakeland.co.uk,* 015394 88100.

This month's budget buy



Marsanne 2009, Vin de Pays d'Oc, France, 13% (£3.98, Asda)
A consistently great-value French white from Asda that offers something different. It's not aromatic like a Sauvignon Blanc, instead it majors on a more subtle, food-friendly character of yellow peaches and honeysuckle.

Mix it up



Transform this winter's gin and tonics and Martinis with the No 3 St James's London Dry Gin, from historic London wine merchant Berry Bros & Rudd – based at 3 St James's Street.

The No 3's classic juniper notes are brightened by sweet orange and grapefruit peels, and there's a correctly resounding richness at 46% (£32.95/70cl, *bbr.com,* 0800 280 2440).

Great gift

The Cocktail Bitters Traveller's Set is a delightful collection of five 20ml bottles. Get mixing with citrussy Orange Bitters and Creole Bitters, Celery Bitters to perk up a Bloody Mary, the classic Aromatic Bitters, and Bittermens Xocolatl Mole Bitters. £19.50, 5 x 20ml. Harvey Nichols Wine Shops or online at *shop.harveynichols.com*



Next month: my top picks for Christmas from the high street

Photographs ADRIAN TAYLOR, PHOTOLIBRARY | Sarah Jane Evans is a Master of Wine

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This season's emphasis is firmly on entertaining, from creating the perfect dinner party to hosting relaxed but chic drinks gatherings. There's an art to making it all go smoothly and, with the help of experts at **John Lewis**, you'll be surprised how simple it can be. Get inspired with this guide to entertaining and celebrate every occasion

Inspiring entertaining

Make dinner party cooking less stressful by choosing the right tools from John Lewis, and set your creativity free

Entertaining at home feels special at this time of year – it's perfect for making heart-warming savoury food to share with friends. The prepping can be stressful, but having the right tools makes it far easier. John Lewis has always been a name to trust and its kitchen range is no different. From pots and pans to knives, you'll love cooking with its own-brand and branded ranges. Functional and stylish, the choice is wide. To find out more about John Lewis' kitchen ranges, go instore or to *johnlewis.com/cook*.



Kitchen gadgets

The soft grip masher is part of the exciting new John Lewis tools and gadgets collection of nearly 50 items to make life easier in the kitchen. Each individually designed piece has a soft-grip ergonomically designed handle that is comfortable to use and easy to hold.



JL nylon headed utensils £6 each



Lion Sabatier Knives

With more than 150 years of history, the illustrious Sabatier brand is recognised worldwide as one of the leading quality knife ranges available. Lion Sabatier knives are fully forged and triple riveted; meaning the blade runs the entire way down the handle, giving increased strength and durability. They are carefully balanced for the optimum in comfortable chopping and are exclusive to John Lewis. Prices start at £18.



TURN UP THE HEAT

Copper has always been considered one of the most superior materials to make cookware. It heats far more evenly and faster than other metals, giving incredibly responsive cooking control.

The new John Lewis range of copper pans makes for the ultimate cooking experience – you'll be attached forever! The hard-wearing copper outer is bonded to an aluminium core to give perfectly even heat distribution throughout the pan, and an inner layer of stainless steel makes a durable cooking surface. Truly superior!

KITCHEN FAVOURITES

Cast-iron cookware is enjoying a resurgence with the popularity of one-pot cooking. This colourful Le Creuset cookware is so versatile it can be used for just about anything. John Lewis has the widest choice of colours and sizes on the high street, available in cast iron, or stoneware for something lighter. Whether you go for a statement colour or simple styling, this is one item no kitchen should be without.

Le Creuset cookware in cassis from £65



Join John Lewis on Facebook

From 6 October join John Lewis on *facebook.com/johnlewisretail*

Opposite page JL handled chopping board medium £15, JL copper 16cm saucepan £65, JL copper 24cm frying pan £65, JL copper 24cm stockpot £110, JL stainless-steel roasting pan 30cm £25, Le Creuset oval cassis 25cm £105, Robert Welch knife block set £260, Robert Welch spoon £13.50, Robert Welch set with stand £88, Le Creuset black apron £25, JL 8-jar single tier spice rack £25

PHOTOGRAPHS LIS PARSONS | FOOD STYLING LORNA BRASH | STYLING HANNAH SIMMONS | ART DIRECTION DOMINIC ALLEN

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Dress to delight

Let your table set the style with John Lewis' beautiful dressware, from bright napkins to elegant glasses, serveware and more

Creating the right ambience for a dinner party should start with the table. Whether your gathering is informal or a big bash, there are plenty of ways to make yours stand out. Thankfully, you'll find a wealth of inspiration at John Lewis.

There's a new trend for oven-to-tableware, such as Le Creuset. The popular cast-iron range is not only ultra-effective in the kitchen but also looks great on the table. Similarly, the Sophie Conran for Portmeirion collection is an award-winning range of porcelain tableware, serving pieces, cookware and accessories that's both stunning and practical.

Sophie has also created a graceful cutlery collection, Rivelin, with Arthur Price – all made of the finest quality stainless steel.

Then mix things up with eye-catching touches, such as John Lewis Casa woven tablecloths hand-loomed in India, stylish trivets, and glass serveware for bread and condiments. This LSA range by Monica Lubkowska (pictured opposite) is handmade in Poland by skilled artisans.

To see John Lewis' tableware ranges, why not visit one of their shops or go online at *johnlewis.com/delight*.

TOP TIPS

- Platters are an easy way to present a starter, and are a great ice-breaker. Get a big wooden or slate board, add piles of ham, meat, cheese, dips, nibbles and bread, then tell guests to tuck in.
- Use light to create a magical glow. Drape fairy lights on the table, scatter petals or flowers around them and add some tea lights.
- Put paper flags on cocktail sticks, then write on the names of cheeses. Stick in each cheese on your cheeseboard to save questions.





Casa woven napkins £2.50, **placemats** £3 and **tablecloths** from £15

Add colour

The must-have you'll use for all occasions is the innovative My Drap napkin. Made from 100% cotton or a cotton/linen blend, the napkins are biodegradable. They come on a roll, which has either 12 dinner or 25 cocktail napkins, that are perforated and can be torn off as needed. Use them just once, or launder them up to six times before recycling. Prices start from £12.50.



Smart touches

Think outside the box and surprise your guests with inventive use of gorgeous items. You could display flowers in china pitchers or why not use a cakestand to present a tempting selection of cheeses, as shown above? Your guests will feel really special with all the effort you've made. **Just Slate 3-tier cakestand** £50

Plan ahead

Getting your timings right is essential when hosting a dinner party, and juggling a few dishes at the same time can be tricky for even the most experienced cooks, so it's essential to plan ahead to make your life as easy as possible.

Any dishes that can be made in advance should be – keep them in the fridge or freezer until they need to be cooked. Remember to defrost frozen food in the fridge the day before, and calculate cooking times in advance.

Make it stress-free

Knowing you have a mountain of dishes to wash at the end of the evening doesn't make for a relaxing meal, so make light work of it and ensure all your plates are dishwasher safe – and most importantly, that they fit into your dishwasher. The Sophie Conran for Portmeirion range has dinner plates in a variety of sizes that are all dishwasher-safe.

Opposite page Rivelin cutlery £2.75-£5.95 per piece, LSA condiment dishes £20 for 2, LSA dishes £30 for 2, Sophie Conran dinner plate, 28cm £11, Sophie Conran rim soup bowl £10, pitcher £24.75, Sophie Conran cereal bowl £7.25, Casa tablecloth cassis £25, Casa napkins cassis £2.50, Vino wine glasses large £18 for 4

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Sweet sensation

At John Lewis, you'll find all you need for prepping and baking sweet desserts to bring a smile to everyone's faces

Nothing finishes off a good meal or an evening with family and friends like a delicious dessert – especially a warming pud – at this time of year. From baking trays and tins to pretty storage containers and serving dishes, John Lewis has everything you need to make and serve sweet treats to indulge your guests.

The John Lewis professional non-stick bakeware range should be your first port of call. Made from high-grade British steel for excellent heat conduction, there are 20 shapes for all your baking needs.

To add country cottage charm to your kitchen, use the John Lewis Polly's Pantry range of hand-painted mixing bowls and tableware (seen in main image). And finally, for presentation tips read the panel here.

For more baking essentials, go instore or visit *johnlewis.com/sweetsensation*.



Serve with style

Impress guests by presenting desserts elegantly with individual serving jugs. The Isola range, designed exclusively for John Lewis, comprises fluid, organic shapes for an attractive and unusual porcelain range.

Isola creamer £12, **plate** £19 for 2



Decorating made easy

The perfect gadget to de-stress your baking, this battery-powered icing pen from specialists Kuhn Rikon is easy to use – just fill with icing and you're good to go!

Decorating pen £20



JL non-stick bakeware from £5

Multi-tasking magic

A food processor makes light work of mixing, blending and much more. This Magimix 4200 is three processors in one and comes with a mini, midi and main bowl (all made of ultra-strong polycarbonate, while the blades are made from Sabatier stainless steel), various attachments and a spatula, plus a BlenderMix attachment for fine-blending soup, milkshakes and smoothies.

Magimix 4200 Food Processor £229





The personal touch

A home-baked cookie or cake is the perfect way to tell someone how much they mean to you. Whether you make them to give guests at the end of a dinner party or as a unique Christmas gift, you'll want to put a little thought into how they're decorated and presented.

Perfect presentation

The Kuhn Rikon decorating pen is ideal for novices and more experienced bakers alike. It comes complete with six icing nozzles for different effects such as shell borders, rosettes, stars, leaves and basketweave patterns, and you can choose from two different speeds. You'll be surprised how easy it is to achieve professional-looking results with all your baked goods.

When it comes to presentation, the world's your oyster. For a dinner party, a cakestand is great for displaying your fancies, while gift bags tied with pretty ribbons are wonderful for presents or dinner favours.

And for guests who love to snack, keep your cookies in a cute tin to proudly bring out with tea and coffee.

Christmas is the perfect excuse to treat yourself to some pretty seasonal kit, such as the new sophisticated, Nordic-themed yuletide collection, Scandi (pictured above).

JL Scandi pudding bowl £6, **JL Scandi mixing bowl** £15, **JL Scandi set of 3 tins** £20

Opposite page JL vintage cake tins set of 3 £20, JL FSC handled board large £19, JL stainless-steel scales £25, Polly's Pantry tea towel from a set of 3 £12, Polly's Pantry mixing bowl £18, Polly's Pantry ramekin £4, FSC beech delux rolling pin £8, JL shaped cutters £1 each, Polly's Pantry cakestand £20, Dualit hand mixer red £55.95

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Toast to the host

Be the perfect host at your drinks party with these inspirational ideas and expert tips from John Lewis

The secret to a successful drinks party is preparation, but it doesn't have to be time-consuming or stressful to get it just right. At John Lewis, you'll find all the inspiration you need to pull off a stylish drinks soirée with little effort, allowing you to focus on playing the relaxed host.

Simplicity is key to creating an extra special get-together. Let John Lewis steer you in the right direction with all the best gadgets, beautiful glass and serveware to help make entertaining a breeze. Then just make sure you've got enough drinks and nibbles for all your guests!

For your glass and barware needs, visit your local John Lewis or *johnlewis.com/hostparty*.



Transform your party

Effortlessly add style to your gathering with the gorgeous Acacia range of serveware, featuring chip and dip bowls, salad bowls and servers. Simply cut a few carrots into batons, open a pack of breadsticks and knock up a little homemade houmous to delight your guests.

Acacia chip & dip range from £8.50

Great gadgets

Serve wine like a professional with Screwpull's smart gadgets, including a multi-functional wine pourer, aerator and stopper, the Activ-ball table corkscrew, a wine collar and a wine pump.



Screwpull wine accessories from £7



Vino glassware range from £18 for 4 glasses



LSA Bar cocktail glasses £24 for 2



LSA Bar Champagne saucers £39 for 4



Perfect tipple

Mulled wine isn't just for Christmas. As the temperature drops, it's ideal served in a punch bowl as a warming autumn treat for your guests. Make it in advance, then just re-heat before the party and serve. Your guests can then help themselves.

LSA Serve punchbowl and ladle £65
LSA Serve punch cups set of 4 £35

Get the party started

Don't attempt complicated cocktails. Serve a few easy-to-mix drinks and garnish creatively. And make sure you have the right tools: a cocktail shaker, muddler, jigger, ice bucket and tongs, cocktail umbrellas, stirrers and glass markers will make life easier and look the part.

Get bottles and dry ingredients together beforehand, pre-cut fruit and have enough clean glassware. Prepare in bulk, making punches and mulled wine in advance. Also buy bags of ready-made ice cubes.

Use a specific spirit brand when called for in a recipe; the better the quality, the better the result. To 'shake with ice and strain', place all the ingredients in a shaker with two-thirds ice, shake for 20 seconds, then strain into a glass over fresh ice.

Make it yourself...

Get creative and make your own sugar syrup. Put 2 cups of granulated sugar into a pan with 1 cup of hot water and simmer until dissolved, stirring all the time. Cool, pour into a bottle, seal and chill.

Opposite page Mojito cocktail shaker £18, Mojito tool set £30, hammered pitcher £25, LSA champagne saucers £39 for 4, LSA cocktail glasses £24 for 2, Vino champagne glasses £18 for 4, Vino tumblers £16 for 4, JL FSC handled chopping board medium £15, JL Isola long plate £18.50 for 2, Fusion coasters £6 for 6

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Through every step of entertaining, **John Lewis** is there to provide inspiration and the right tools that you can really trust. So let it be the place you turn to for all your celebrations and your everyday needs

After-dinner coffee

Coffee connoisseurs will recognise your good taste when you serve them freshly-made coffee from a professional machine – and there's one to suit every home at John Lewis, plus stunning cups for serving

It's coming to the end of the night. You've enjoyed good food, delicious drinks and great company, so just let the evening wind down with a great cup of coffee. It's the perfect finish to your dinner party or drinks soirée, and with John Lewis you can end it on a memorable note, with its range of both decorative and functional coffee products.

Whether you want to make a quick filter coffee, a specialist espresso, a latte or a cappuccino, there's a machine to suit all your needs – and make your kitchen look good, too. For instance, if you're after a no-mess coffee, choose a Nespresso machine with a wide range of capsule coffee flavours available, or go to the top of the range for a freshly brewed bean-to-cup machine.

To find out more about John Lewis' range of coffee makers, ask instore or visit *johnlewis.com/afterdinner*.

THE MACHINE FOR YOU

From those who enjoy the odd coffee to real connoisseurs, there's a wide selection of coffee machines available at John Lewis.



Extremely versatile

Stylish and convenient, this machine enhances any kitchen and the aeroccino jug is simple to use for frothing either hot or cold milk. Choose from 16 different coffee blends, including spicy, honey, cocoa and fruity flavours.

Magimix Nespresso Citiz and Milk £219

Simple to use



A new pod system for stress-free and mess-free coffee (as well as tea and hot chocolate), the pods are available from John Lewis. Uniquely, this machine also allows you to select the pressure for mild or full strength espressos.

Dualit Picolina £149

Makes a great starter machine

Perfect for the coffee beginner, this small and compact, but very stylish, machine is easily housed in your kitchen and offers all 16 blends of Nespresso, as with the Citiz and Milk version, left. Just choose your favourite!



Magimix Nespresso M1000 Auto Red £119



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For your chance to win one of five fantastic prizes of £500 of John Lewis vouchers, simply visit *johnlewis.com/goodfood* before the closing date of 31 October 2010.

Terms and conditions Promoter: John Lewis Ltd, 171 Victoria Street, London SW1E 5NN. This competition is also running in *olive* and *Delicious*. No purchase necessary. For full T&Cs, please visit *johnlewis.com/goodfood*.

The perfect coffee

If you want to make coffee like a professional barista, it's essential you know how to achieve a perfect 'crema'. Crema is the foam you find on the top of an espresso. Put a little sugar on top – if it takes time to fall to the bottom, you've made a good one!



BRIGHTEN UP YOUR BREW

Brew great coffee in this coffee-maker from Bodum. Just add hot water and ground coffee. Choose from pink, green and grey. Bodum Brazil French press coffee-maker £20.



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From 6 October join John Lewis on *facebook.com/johnlewisretail*

John Lewis

Opposite page Bodum Brazil French press coffee maker green £20, Dualit Espressivo £175, Amore heart coffee spoons £20 for 4, JL espresso cup and saucers £4 each, John Lewis House porcelain jug small £6.50

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espressivo
Dualit
Dualit

Nuo kitchenware. Works. Beautifully

Functional. Desirable. Affordable

This halogen oven is just one of the new products in the Nuo kitchenware electricals range, available exclusively from Robert Dyas. Nuo designs combine form and function so efficiently that each product in the range carries a two year guarantee.

Products look stunning in black and stainless steel and bristle with useful innovations. For instance, the Nuo Halogen Oven cooks food up to 8 times faster than a conventional oven, uses 90% less energy and even has a self-cleaning function. It steams, bakes, fries, roasts... you name it. And all for a very affordable £39.99.

Look out for this exciting new range - coming soon!

Exclusively at

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nuo
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www.nuoelectricals.com



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Innovative non-stick pans

Order a wok, frypan and skillet and get a free chef's pan, worth £35

FREE APRON WITH EVERY ORDER

Until now, it wasn't possible to use non-stick pans at temperatures above 260C – the heat needed for successful searing and stir-frying. But the Kyoto non-stick range from GreenPan has solved this, it uses Thermolon, a natural, ceramic, non-stick coating, that's safe even at high temperatures.

The range has been designed with style as well as innovation in mind. Made from heavy-gauge aluminium, it is exceptionally hard-wearing, durable and very easy to clean.



"We love these pans. Non-stick, but sturdy, they're perfect for stir-frying and great if you're trying to eat more healthily, as just a small amount of oil is needed"

SARAH COOK, Deputy food editor





Open wok



Skillet with lid



Chef's pan/ mini wok

HOW TO ORDER Call 01483 204455 quoting GF/082, or visit our website at *bbcgoodfood.com/content/shopping*, or send a cheque payable to JEM Marketing, with GF/082 written on the back, to: *Good Food* Reader Offer, JEM House, Littlemead, Cranleigh, Surrey, GU6 8ND. Delivery within 28 days to UK mainland only. Offer ends 31 January 2011.

Calls cost no more than 10p per minute from a BT landline; cost from other networks may vary

Description	Price	Quantity	Total
Open frypan (28cm)	£35		
Open wok (30cm)	£45		
Skillet with lid (24cm)	£45		
Chef's pan/mini wok (20cm)	£35		
Wok, frypan, skillet plus FREE chef's pan	£125		
		Total goods	
		Postage & packing	n/a
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MY KITCHEN
Thomasina Miers

Chef, restaurateur and cookery writer Thomasina shows **Val Wotton** the exciting new kitchen built by her father

Photographs GEOFF WILKINSON

Winner of BBC's *MasterChef* in 2005, Thomasina Miers is now a cookery writer and has opened three branches of her Mexican-inspired restaurant Wahaca in London.

Last year she married Mark Williams, an investment banker.

Who designed your kitchen?

I did, with my father, who built the whole thing – he's a cabinet maker. I've always loved cooking and wanted the kitchen to be a sociable hub to our home, so we started with the idea of a central island. From there, it was a question of where to put the hob. I decided cooking on the island was more fun and more user-friendly. The sink is behind the island, the larder's to the right and the fridge is in front, so I've got everything at my fingertips.

What materials did you choose?

Mainly brushed zinc, which is softer and less clinical than steel, and it works well with the beech worktop on the island. The whole island is a chopping board. I love that idea, but it's such a beautiful piece of wood that I still find it quite hard to chop on it, although my father is insistent I should use it more and get it to look nice and weathered. Eventually, it will have a piece of marble set in for pastry and bread-making, but we're waiting for the wood to settle first. The cupboards at the side are made from sheets of off-cuts of hardwood – apparently, they're normally used to line cattle trucks! They are quite colourful but still have lovely soft, natural tones.

Where are your appliances from?

The ovens are by Wolf and the fridges by Sub-Zero. It's very expensive kit, hand-built in America, but built to last – I don't mind spending money on something good that will

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outlast several cheaper versions.

The Wolf hob has four gas burners and two induction rings – I'd actually never used induction before and it's magic. It's amazing for cooking things such as truffles and sauces – you can control it perfectly on a very gentle heat – but it's also incredibly powerful and fast. And being so energy-efficient means it's good for the environment.

The fridge and freezer are also amazing – there's a high-humidity compartment in the fridge, which means vegetables last for weeks. And I love the double-drawer dishwasher – as there's just the two of us, we use one drawer at a time. It's also incredibly quiet – with friends to supper you can wash the starter plates while you're still eating.

What were your priorities?

I wanted lots of natural light, so when we extended the old kitchen we added skylights and French doors. The larder is one of my favourite areas in the house – it's packed full of homemade stuff, like jams and chutneys, and all the things

LEFT The walk-in larder is well stocked
RIGHT The island has a wooden work surface, gas and induction hobs plus storage space.





ABOVE The drawers on Fisher & Paykel's Double DishDrawer can be used individually or together – an energy-efficient solution when you need a small dishwasher for everyday use and more space when entertaining

RIGHT This heavy-duty rack, made by a blacksmith in Gloucestershire, allows large pans to be washed and just hung up to dry





LEFT At around £16,000, the massive steel fridge-freezer by Sub-Zero is a long-term investment. One of the drawers is an automatic ice-maker

Turn over for tips and how to get the look



ABOVE Thomasina's kitchen must-haves include a couple of large mortar and pestle sets (she found the black one in Mexico), a stick blender and her radio

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I cook with. I also wanted everything to be really accessible so there are metal racks above the sink for big pots and pans, utensils hanging up, and I'll be getting a knife rack soon. And I have masses of shelving for my cookbooks, which I use all the time.

Any mistakes?

We ran out of money and said no to underfloor heating, but it's a bit cold so perhaps that should have been a priority – it would be difficult to add now. However, the kitchen works so well that I think I could cook for 100 people. It also looks beautiful – every time I walk in here I get a rush of pleasure. I feel like the luckiest girl alive – I'm absolutely thrilled with my kitchen!

THOMASINA'S KITCHEN PLANNING TIPS

- You're going to live with a new kitchen for many years – it's worth spending a long time planning it carefully so look at magazines and make a scrapbook of ideas.
- Think big with your fridge or freezer.
- You often spend time cooking alone, so have a radio or even a TV in the kitchen for company.



Thomasina's latest book is *Mexican Food Made Simple* (£20, Hodder & Stoughton).

GET THE LOOK



The Valencia kitchen shown is by Kitchens Direct – their salesmen visit you at home, and will organise planning, delivery and installation. Prices from £5,000. 0800 123321, *kitchensdirect.co.uk*



The MSM7700GB stick blender by Bosch, £74.99, has a powerful 750-watt motor, plus whisk and chopping attachments. 0844 892 9023, *bosch-home.co.uk*



Team an overhanging worktop with some stools for an instant breakfast bar. Iris bar chairs in black or white, shown, are £99 each from John Lewis. 0845 604 9049, *johnlewis.com*



If you don't have the space or budget for a fridge like Thomasina's, check out the new S75448KG fridge-freezer from AEG-Electrolux. It's wider than normal, at 70cm, and features an extra-large salad drawer. Around £949. 0844 561 1611, *aeg-electrolux.co.uk*



For a small or eye-level dishwasher, the SK76M530 by Siemens is ideal. It's just 45cm high and takes six place settings. AAA rated and more eco-friendly than washing up, using just 8.5 litres of water, it has a host of clever features and costs around £550. 0844 892 9044, *siemens-home.co.uk*

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Winter wonders

It's harder to keep a check on your diet in winter. But having high cholesterol needn't mean avoiding tasty cuisine with the Benecol range of healthy foods

It's easy to turn to comfort food when the season changes. The nights draw in, the temperatures drop and you want to cosset yourself with indulgent treats.

But don't let the onset of winter send your cholesterol sky high, as it is an important risk factor in the development of heart disease. You don't have to resort to fatty fare just because it's cold, and you don't want to spend too long in the kitchen.

The plant stanols in Benecol foods reduce cholesterol and can be used in quick-to-prepare recipes that ensure you've finished cooking in 30 minutes. And you'll be keeping your heart in shape, too. Experience delicious heart-healthy cooking for yourself.

How Benecol® works

Plant stanols in Benecol® foods are proven to reduce cholesterol. High cholesterol is a major risk factor for heart disease.*

* Heart disease has multiple risk factors, so you may need to improve more than one to lower overall risk. Eat no more than 3g of plant stanol per day. Eating more does not provide additional cholesterol-lowering benefit. Please visit benecol.co.uk for more information.



Oaty yogurt layer

SERVES 4 • PREP 10 mins plus cooling • COOK 5 mins Easy

25g Benecol® Buttery Spread
60g oats
15g chopped almonds
4 tsp clear honey
4 x 125g Benecol® Summer Fruits Yogurts

1 Melt the Benecol® Buttery in a small frying pan and, when sizzling, add the oats and almonds. Stir-fry for 3-5 mins until golden. Stir in the honey, then remove from the heat. Set aside for 10 mins to cool.
2 Layer the yogurt and oat mixture in 4 x 200ml serving glasses, ending with the oat mixture on top. Serve immediately or chill for up to 2 hrs.

PER SERVING 224 kcals, protein 8g, carbs 32g, fat 8g, sat fat 2g, fibre 2g, sugar 19g, salt 0.1g, plant stanols 1.2g†



Chicken & tarragon casserole with bulghar

SERVES 4 • PREP 15 mins • COOK 25 mins Easy

50g Benecol® Olive Spread
4 shallots, quartered
600g skinless chicken breast, cut into chunks
3 medium carrots, chopped
2 garlic cloves, sliced
75ml white wine
350ml hot reduced-salt chicken stock
2 tbsp chopped tarragon
125g bulghar wheat
150g frozen peas

1 Melt half the Benecol® Olive Spread in a large lidded pan. Add the shallots and chicken and cook for 5 mins until golden. Add the carrots and garlic and cook for 1 min before adding the wine and letting it bubble up until almost evaporated. Add the stock and half the tarragon. Bring to the boil, then cover and simmer for 15 mins until cooked through.
2 Meanwhile, place the bulghar wheat in a small pan, cover with 400ml boiling water and simmer for 10-15 mins until tender. Add the peas and cook for a further 2 mins until hot. Drain any excess water, season with black pepper and stir in the remaining Benecol Olive Spread.
3 Serve the casserole with the bulghar, scattered with the remaining tarragon.

PER SERVING 396 kcals, protein 42g, carbs 35g, fat 10g, sat fat 2g, fibre 4g, sugar 7g, salt 0.4g, plant stanols 0.8g†

TOP CHOLESTEROL-LOWERING TIPS

- For optimal cholesterol-lowering, each day, enjoy a delicious Benecol® mini-drink, two Benecol® yogurts or four slices of bread with Benecol® spread, which provides 1.5g-2.4g of plant stanols*. Enjoying heart-healthy Benecol® foods as part of a balanced diet and healthy lifestyle will leave you feeling great all year round.
- No other food is more effective for lowering cholesterol.

Benecol®

PHOTOGRAPHS KAREN THOMAS | FOOD STYLING LIZZIE HARRIS | STYLING WEI TANG. † THIS COUNTS TOWARDS YOUR RECOMMENDED DAILY INTAKE.

For more recipes, visit *benecol.co.uk* or call 0800 018 4010

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Great deal on Global knives

Save **£250** on a Global six-piece knife set with block

ONLY **£249.99** RRP **£499.99**

The choice of many professional chefs, Global stainless-steel knives have revolutionised food preparation. Admired for its iconic design, razor-sharp blades and exceptional performance, market leaders Global has developed this special set for its 25th anniversary.

Each knife is created to the exacting standards of professional kitchens, handcrafted from the finest high-carbon stainless steel, Cromova 18. This makes them hard enough to retain a superior cutting edge, yet not so hard as to be difficult to sharpen.

The knives are ground to a much steeper angle, which results in a dramatically sharper cutting edge. Smooth contours and a seamless, all stainless-steel construction also offer the ultimate in hygiene.

This six-piece set contains

8cm peeling knife
11cm utility knife
11cm anniversary utility knife
12cm santoku knife
15cm flexible utility knife
18cm cook's knife

Each set is presented in a stainless-steel knife block etched with Global's 25th anniversary logo.

Please note that Global knives are not dishwasher safe. Not for sale to under 18s.





Unique features

- Handcrafted with revolutionary Japanese steel
- Razor-sharp blades
- Iconic seamless design with dotted handles
- The perfect balance between blade and handle heaviness
- Easy-to-clean smooth blade and handle joints
- 25th anniversary knife block

HOW TO ORDER Call 0845 166 4242 quoting ref GF138, or send a cheque, payable to Timscris (GF) with GF138 written on the back, to: *Good Food* Global Knives Offer, PO Box 250, Rochester, Kent ME1 9AJ. Lines are open 24 hours, 7 days a week. Delivery within 28 days to UK mainland only.

*Calls cost 4p per minute from a BT landline; cost from other networks may vary

Product code	Description	Price	Quantity	Total
GF138	Global knives	£249.99		
			Postage and packing	FREE
			Grand total	

Name (Mr/Mrs/Miss/Ms)

Address

Postcode

Daytime tel number

Email address

I enclose my cheque for £ made payable to Timscris (GF) or please debit my Visa/Mastercard/Maestro (if credit card address is different, please use the order hotline).

Card no

Valid from Expiry date

Issue number Security code

Name and address must be that of registered cardholder

Signature

Subject to availability. Free p&p to UK mainland only, some exclusions may apply. If you are not completely satisfied with your order please return goods unused within seven days for a full refund.

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Stay healthy all winter

Eat well over the next few months and you'll help to keep many ailments at bay. Nutritionist **Liz Tucker** explains how



There's no getting away from it – winter really *can* be bad for our wellbeing, making us more vulnerable to a range of problems. Research shows a positive relationship between daylight, health and happiness. So shorter, darker days can leave us feeling miserable, lethargic and demotivated. However, despite this gloomy prognosis, it's possible to combat this seasonal onslaught by fine-tuning your eating habits. But first, it's worth looking at exactly why the winter can make us feel so unhealthy.

EAT WELL

Weathering the winter

It's not just the lack of sunshine that makes us feel less energised. Our daily routines become more of an ordeal as bad weather makes journeys slower. We become more sedentary, taking the car or bus rather than walking or cycling; and we endure temperature extremes from freezing rain to central heating, which can increase our exposure to bugs, aggravate allergies and leave us with dry skin.

We also have less motivation to be active or eat healthily. After a short, drab day, it's tempting to tuck in to a takeaway in front of the TV – and the next thing we know, we're indulging to excess over Christmas. The season to be jolly also exacerbates anxiety, as that to-do list gets longer.

Bugs and blues

Winter puts a strain on the immune system, increasing vulnerability to infections and recurrent niggles such as mouth ulcers, chilblains and, of course, the obligatory cold. The digestive system also gets overworked as nutritional demands escalate, but healthy eating becomes harder. We get cold-weather cravings for comforting stodge, not to mention the sugary festive overload.

It's natural to feel like staying indoors when it's chilly outside. But this, along with longer hours of darkness, lowers our melatonin levels, so we want more sleep, and our metabolism slows down. It makes us more sensitive to allergens, stretching our flagging immune system. The weather can also play havoc with existing health problems, such as arthritis and poor circulation. Changing air pressure can swell joints and stiffen muscles. No wonder, then, that decreased mobility and winter weather sees A&E admissions rise by 40%.

The good news is that you can help to improve your immunity – and your mood – by adapting your diet accordingly.

The new nutrition

The latest dietary must-haves are AFCs, or active food chemicals. It seems that AFCs such as flavonols (plant-based substances), carotenoids (including lycopene, found in tomatoes) and amino acids (the basic building blocks of protein) have been quietly helping our health, while traditional nutrients like vitamins, minerals, fats and proteins took the credit.

Fortunately, it's easy to get your share of daily AFC requirements, as these nutrients are conveniently packaged into everyday foods.

To get your fill, make sure you eat plenty of pure, unprocessed foods with a high nutritional density (per 100g). For example, seeds like pumpkin and flax are considered nutritionally dense because they contain many nutrients in a small package. The most nutritionally dense foods are vegetables, nuts, seeds, wholegrains, fruit, meat, fish, eggs and dairy – eaten as part of a balanced and varied diet.

• **Turn the page for our guide to eating well this winter** ▶

5 seasonal health boosters

Make the most of these good-for-you winter ingredients

☐ **Parsnips** This popular veg is packed with fibre. The calcium, magnesium, potassium and folate they contain can help soothe and reduce mental fatigue.

☐ **Venison** Higher in protein than beef, but lower in fat and calories, this is a healthier red meat option. Get plenty of energising, stress-relieving nutrients like zinc, B12 and potassium in a heart-warming stew.

☐ **Monkfish** Rich in amino acids, including metabolism- and mood-boosting taurine. It's also a great source of selenium, which can combat infection and inflammation.

☐ **Chestnuts** Lower in fat than other nuts, they are rich in immune-boosting omega-3 and non-dairy calcium. Calcium strengthens bones, aids wound healing and calms nerves, especially when toasted by a roaring fire.

☐ **Blackberries** A 100g portion provides more than a third of your vitamin C requirement. Enjoy this delicious homegrown fruit in pies and puds, or stewed.

• **Find recipes using these ingredients, such as Succulent braised venison, at bbcgoodfood.com**

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Your easy guide to eating well

What's the problem?	What will help	Foods to eat	How much and how often	Do you need a supplement?
Infections and inflammation	Omega-3 fatty acids ALA, DHA and EPA, for their anti-inflammatory and immune-boosting properties.	Fish, especially salmon, halibut and pollack, is the best source of DHA and EPA. Nuts and seeds are packed with ALA – particularly flax, hemp and walnuts. 	• 3 servings of fish (2 oily) a week • Daily handful of nuts or seeds – grind or crush hemp or flax before eating	Maybe, if you have a chronic inflammatory condition, are over 50, very active, don't eat fish or are post-menopausal. • 600mg omega-3 fatty acids daily
Bladder complaints, chronic pain or allergies	Quercetin, a flavonol that suppresses histamine and other inflammatory cells and reduces bladder sensitivity.	Green leafy veg, particularly broccoli; citrus fruit; red foods – onions, grapes, berries and tomatoes (organic tomatoes have much higher levels). 	• At least 3 of the fruit and veg (left), as part of your 5-a-day • Another flavonol, rutin, aids absorption; it's in similar fruit and veg. Cranberries provide a good mix of both	Worth trying, if you suffer from persistent cystitis, lower abdominal pain or allergies, or have reduced immunity. • 500mg quercetin daily • Some complex supplements also contain rutin
Starting to feel stressed	Anthocyanins, flavonoids that make plants red or purple. These powerful antioxidants fight free radicals and reduce the effects of cellular damage.	Dark red or purple foods – berries, cherries, red grapes, red onions and aubergines. 	• Daily handful of berries, cherries or grapes • Change from white to red foods, such as red onions, cabbage, grapes – and (in moderation) wine! 	Yes, if your life is busy, stressful or overwhelming. Also advised if you feel run down, are fighting infection, or have high blood pressure or blood sugar imbalances. • 80mg anthocyanins daily – commonly found in blueberry supplements
Feeling tired and run down	B12, which protects nerves, is a detoxer and works with iron to aid metabolism and energy conversion.	Animal foods – liver and sardines are good sources. So is Marmite, or make sure you eat plenty of dairy foods, as calcium is needed to aid absorption.	• Meat or fish 4 times a week • A daily chunk of cheese or yogurt 	Yes, if you are vegan. Maybe, if you are vegetarian or suffer from stress or a chronic condition. • 1.5ug vitamin B12 daily • Non-dairy eaters should take 800mg of calcium daily
Digestive problems, bloating and/ or constipation	Prebiotics encourage beneficial gut bacteria, aiding digestion.	Fruits and vegetables, in particular onions, garlic, leeks, asparagus and Brussels sprouts.	• Make veg at least 3 of your 5-a-day 	Yes, if you've been on antibiotics or travelling abroad frequently. • 1,000mg prebiotics daily (not to be confused with probiotics)
Wound healing and recovery	L-arginine, an amino acid that boosts healing, healthy cell growth, immunity and blood flow.	This protein is found in dairy, meat, fish, nuts and seeds. Almonds, pistachios, Brazil nuts, pumpkin and sunflower seeds are especially good. 	• Daily handful of nuts or seeds – add to cereals or cake batters	Maybe – the body can manufacture some, but you may need a boost if you're stressed, weakened, injured or have lost your appetite. • 500mg L-arginine daily
Joint and muscle stiffness. Aches and pains	Vitamin D3, which promotes calcium absorption, strengthens bones and muscles, reduces skeletal pain and helps immunity.	The best source is sunlight; also in eggs, milk (evaporated has twice the value) and oily fish such as salmon, mackerel or pilchards. 	• Oily fish 3 times a week • ½ pint of milk daily • 30 mins outdoors daily (high-factor sun block hinders absorption) 	Winter sun contains a tenth of summer sunshine, so it's a common seasonal deficiency. Consider supplements if you have arthritis, an indoor job, are inactive, vegetarian or over 50. • 5ug vitamin D daily • Cod liver oil is a rich source

• This information is for general purposes only. Always consult a qualified healthcare professional before making any major changes to your diet, especially if you are already taking supplements or have an existing health condition.

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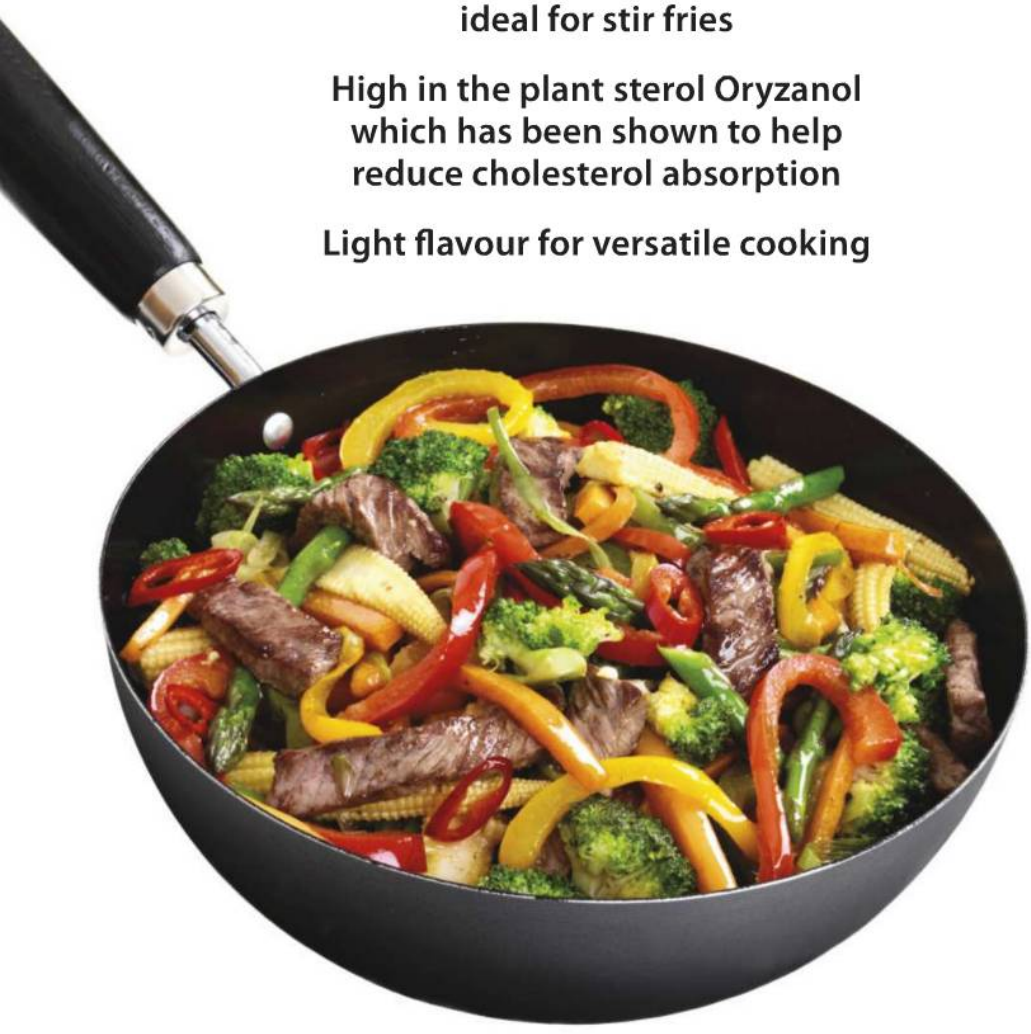
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Malaysian magic

Cooking fresh, authentic Malaysian food from scratch can be challenging, but with Malay Taste, it is really quite simple



Malaysian food is more popular than ever in kitchens across the UK – that's largely thanks to Malaysia Kitchen, a Malaysian Government initiative launched this year. With top chef Rick Stein as ambassador, the campaign has set out to educate and inform Brits about the country's diverse and healthy cuisine.

Inspired but not sure how to try cooking it yourself? Making an authentic Malaysian dish is actually a lot easier than you think with Malay Taste, an all-natural range based on traditional Malaysian family recipes.

Made from fresh and premium ingredients sourced, produced and packed in Malaysia, Malay Taste simplifies Malaysian cuisine with recipes and tips on each jar.

Whether you want to make a curry, a noodle soup or just a delicious dip for cooked prawns, you can enjoy the flavours of real Malaysian food in the comfort of your own home.

Malay Taste is now available from Waitrose, Whole Foods Market and selected independent retailers nationwide, as well as online at *amazon.co.uk* and *hardtofindfoods.co.uk*.

EXPERIENCE MALAY TASTE

Authentic Malay food of the best quality, available for every meal occasion at home

Malay TASTE

Laksa curry noodle soup

SERVES 4 • PREP 10 mins • COOK 10 mins

Easy

1 litre/1¾ pints fish or chicken stock, or cold water
185g jar Malay Taste Laksa Paste
100g/4oz raw prawns or boneless chicken, cut into strips
100g/4oz beansprouts, bamboo shoots, mushrooms or other quick cooking vegetables
175ml/6fl oz coconut milk
800g/1lb 12oz dry rice noodles

1 Pour the stock or water into a pan, add the Malay Taste Laksa Paste, stir and bring to the boil.

2 Add the prawns or chicken strips and vegetables to the pan and return the soup to the boil. Turn down the heat and simmer for 2 mins or until the prawns, or the chicken, and vegetables are cooked.

3 Add the coconut milk, stir well and bring to the boil. Cover and simmer on a low heat for a further 2 mins.

4 Meanwhile, prepare the noodles according to pack instructions. Divide the noodles between the bowls and ladle the hot soup over them to serve.

TIP Finish off with chopped mint, coriander and some thinly sliced cucumber. To reduce the heat, add more coconut milk.

MALAY TASTE – THE RANGE

Laksa Paste Originating with the Peranakan culture dating back to the 15th century, this paste is used to make the classic noodle soup. Just add coconut milk for sweetness.



Rendang Curry Paste This deliciously hot, spicy, sweet and sour paste comes from Western Sumatra. You can use it to make curries of a dried consistency with meat, fish or vegetables.



Nyonya Kapitan Curry Paste Nyonya dishes originate from the 16th century when the Chinese first settled in what is now Malaysia. A fusion of Chinese and Malay cooking, this paste is used to make curries.



Sambal Oelek A basic paste made by blending chillies, it is used in cooking and as a condiment. Simply spread thinly over steak or fish before grilling, or mix with mayo to make a dip for cooked prawns.



For more information, contact *malaytaste@bespoke-foods.co.uk*

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TV news & recipes

Recipes from Rachel Allen's Dinner Parties • Saturday Kitchen • The Hairy Bikers' Cook Off • MasterChef: The Professionals • Something for the Weekend

The Hairy Bikers' Cook Off

Following their successful *Mums Know Best* series, the Hairy Bikers are making a 40-part family cooking series for BBC Two this autumn. Over the course of eight weeks, Si King and Dave Myers will entertain a small audience in their studio-based café with homely recipes and tips.

At the heart of the show is a competition to find Britain's best cooking family. Family teams of three will make their own favourite dishes as well as competing against each other with kitchen skills challenges set by the bikers, and against the clock with quick meals that viewers can cook along with at home.

• Weekdays at 5.15pm on BBC Two from Monday 25 October

Behind the scenes

Inspired by the classic sitcom, *The Good Life*, Giles Coren and Sue Perkins go back 35 years to recreate Tom and Barbara Good's self-sufficient lifestyle for their new BBC Two series, *Giles and Sue Live the Good Life*.

Where was it filmed?

In an ordinary suburban house in Kenton, near Harrow, north London, not far from where the original series was made.

The house where Richard Briers and Felicity Kendal filmed the Seventies series was not really in Surbiton but Moor Park, Northwood.

What did the neighbours think?

Despite the whiff from the pigs, the neighbours relished having Sue and Giles in their street, according to series producer Lucy Hooper.

They even loved the turkeys that woke them up at 3am during the summer when the crew were filming the Christmas special. The fake snow and carol singing were also a big hit.

What did Giles and Sue enjoy the most?

Animal-loving Sue, who lives in Cornwall, formed a great bond with the goats and became a bit of an expert milker. Metropolitan man Giles turned out to be a surprisingly successful veg grower and a dab hand at making bread.

And what did they hate?

Giles says the low point for them both was the pea-pod wine, which they made in homage to Barbara and Tom. Apparently, it was disgusting.

Funniest moment?

Watch out for Sue taking her Gloucester Old Spot pig Perky to the Kent County Agricultural show.





Let's eat together

Sharing food with friends and neighbours is good for the appetite and the soul, says **Sheila Dillon**, presenter of *The Food Programme* on BBC Radio 4



Nostalgia about childhood is a muddy swamp and one should tread carefully. But, confining myself firmly to food, a few things recently made me remember Bonfire Night in the Lancashire village where I was born.

The village is laid out over a wide area so each little collection of houses had its own bonfire and feast. Everyone's mother cooked something, mostly meat and potato casseroles topped with pastry, served with pickled red cabbage, followed by parched peas (a purple pea dried, then soaked, simmered and served with a little malt vinegar), treacle toffee and gingerbread. We went inside to get our plates of meat and potato (bliss with pastry) and cabbage, then stood outside to eat as we watched the fireworks.

The parched peas and the sweet stuff were brought out on trays and passed around. There was nothing self-conscious about it – it was what everyone did on Bonfire Night (or so I thought, having travelled no further than Bradford, and that was seriously foreign). Other food memories include the annual reunion at the Catholic school (the platonic ham sandwich), the Christmas party in the cricket pavilion and more. Our year was divided by its festive meals.

Then it changed. My village became a haven for the rich, and for a long time no one thought the death of community meals (although we didn't call them that) was important. Mrs Thatcher said there was no such thing as society. We had video games, computers, home cinemas and music systems. What need was there for eating together in the age of the ready-meal?

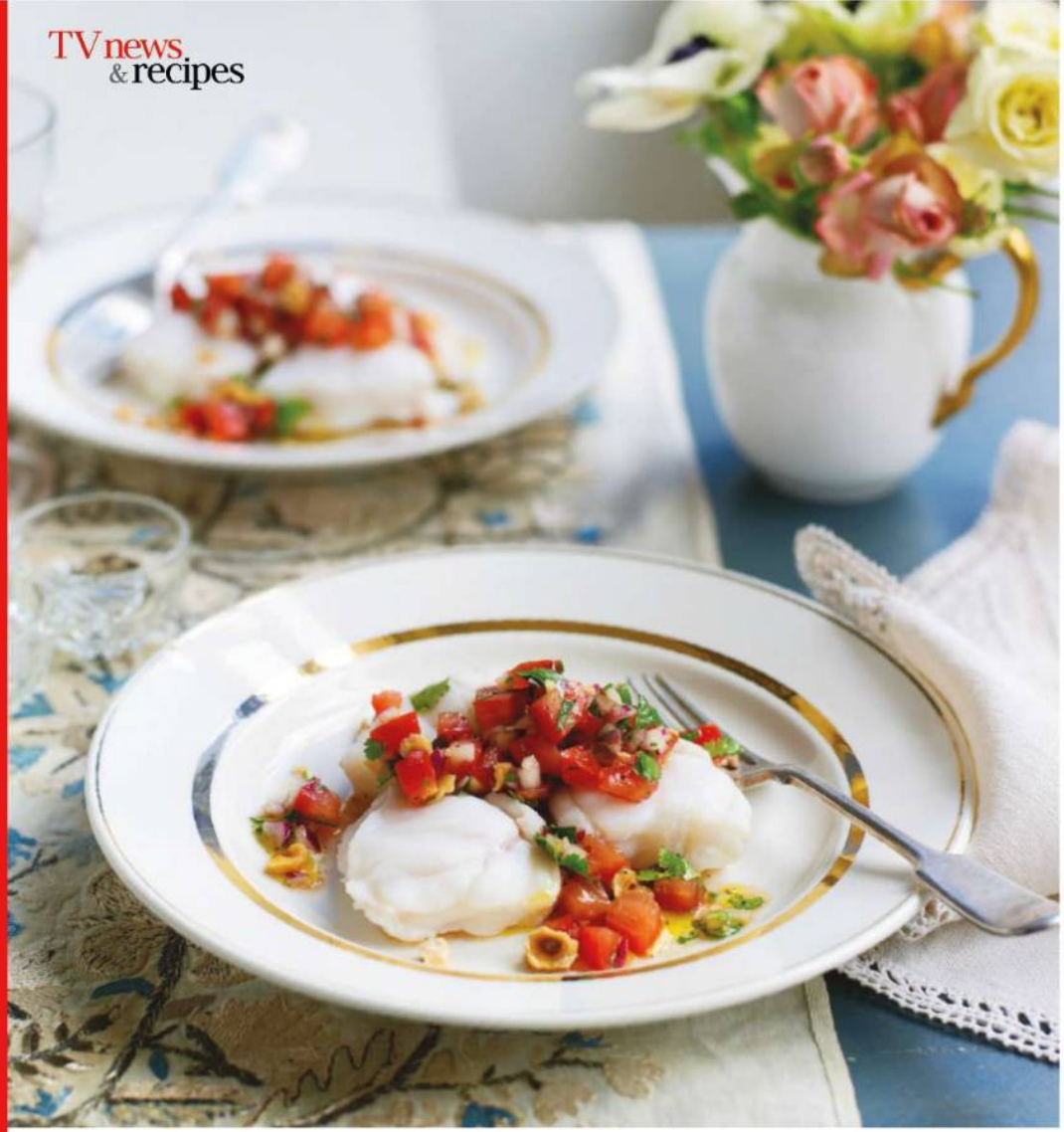
Well, a deep need, it would seem, as eating together is back. Street parties are everywhere, as are pop-up restaurants where you eat at shared tables. Festivals abound, like the Feast on the Bridge in London last year that brought together unnumbered droves to sit, a thousand at a time, at one beautifully decorated table stretching the length of Southwark Bridge. The Eden Project's Big Lunch in July also encouraged people all over the country to get together.

Mrs T was so wrong. A sense of community is best developed around a table – or a bonfire – where you break bread and raise a glass with strangers, and then they are strangers no more.

• *The Food Programme* is on BBC Radio 4, Sundays at 12.30pm (repeated on Mondays at 4pm). Or you can listen again at *bbc.co.uk/radio4*

News KATHRYN CLISTANCE | Programme information correct at time of going to press. Please check *Radio Times, radiotimes.com* or *bbc.co.uk* for transmission dates

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Rachel Allen's Dinner Parties

If you're looking for ideas for entertaining friends and family, don't miss **Rachel Allen**'s new series on the Good Food channel (Sky 249, Virgin 260), weeknights at 8pm until 15 October

Poached monkfish with tomato, Sherry vinegar & toasted hazelnut salsa

SERVES 2-4 ● PREP 35 mins (less if the fishmonger prepares it for you) ● COOK 5 mins Easy

Poached monkfish is quite easy to cook when entertaining as it just needs a few minutes in boiling, salted water, and can be prepared in advance. The salsa is lovely with the monkfish – it's fresh, light and very gently warms through from the hot fish. If you are making the salsa in advance, don't put it in the fridge but keep it at room temperature.

450g monkfish tail, filleted and trimmed of skin and membrane, cut into 1cm slices

FOR THE HAZELNUT SALSA

3 large ripe tomatoes or 20 cherry tomatoes, cut into 1cm pieces
2 tbsp finely chopped red onion
3 tbsp extra virgin olive oil
2 tbsp chopped coriander or parsley
1 tbsp Sherry vinegar or balsamic vinegar
50g hazelnuts, peeled, toasted and chopped

1 To make the salsa, mix the tomatoes, onion, oil, coriander or parsley, vinegar and half the hazelnuts in a bowl and season to taste with salt and pepper. *Can be made up to 1 hr in advance.*
3 Bring 1.2 litres water to the boil in a large saucepan and add 1 tsp salt. Add the monkfish and simmer very gently for 4-5 mins or until completely white and no longer translucent. Drain well and place on kitchen paper to dry. Place on warmed plates and drizzle over some of the salsa, then scatter with the remaining hazelnuts and serve immediately.

RACHEL'S TIP

If you want to keep the monkfish warm for a short while before serving (up to 10 mins), remove the fish but don't drain the boiling water from the saucepan. Turn the lid upside down over the pan (off the heat), place a double layer of kitchen paper on the flat, upturned lid and sit the cooked monkfish on top.

Salted caramel chocolate tart

SERVES 8-10 ● PREP 1 hr plus chilling ● COOK about 1 hr 10 mins

Moderately easy

The exquisite combination of salt, chocolate and caramel has risen to the height of pastry fashion in the past few years. Here there is soft, yielding chocolate and a sticky caramel layer, all encased within a buttery, sweet pastry. It takes some time to make, but as soon as you experience that first taste you will understand why it's all worth it. The tart is delicious on its own or with whipped cream.

FOR THE SWEET SHORTCRUST PASTRY

100g chilled butter, cubed, plus extra for the tin
200g plain flour
1 tbsp icing sugar
1 egg, lightly beaten

FOR THE CARAMEL

225g caster sugar
100g chilled butter, cubed
100ml double or regular cream
1 heaped tsp sea salt flakes

FOR THE CHOCOLATE LAYER

100g caster sugar
2 eggs
2 egg yolks
250g plain chocolate (70% cocoa)
150g butter, cubed

1 Thoroughly butter a 23cm x 3.5cm deep, loose-bottom tart tin. For the pastry, place the flour, butter and icing sugar into a food processor and whizz briefly until the butter is in small lumps. Add half the beaten egg and continue to whizz for another few seconds or until the mixture looks as though it may come together when pressed. Prolonged processing will only toughen the pastry, so don't whizz it up until it is a ball of dough. You might need to add a little more egg, but not too much as the mixture should be just moist enough to come together.
2 If making by hand, rub the butter into the flour and icing sugar until it resembles coarse breadcrumbs then, using your hands, add just enough egg to bring it together. Reserve any leftover egg for brushing the pastry case.
3 With your hands, flatten out the ball of dough to about 2cm thick, then wrap in cling film or place in a plastic bag and chill in

Recipes compiled and tested by PETRA JACKSON | Photographs BBC, MYLES NEW, GEOFF WILKINSON

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the fridge for at least 30 mins.

4 When you are ready to roll out the pastry, remove it from the fridge, placing it between 2 sheets of cling film (larger in size than your tart tin). Using a rolling pin, roll the pastry out to no thicker than 5mm. Make sure to keep it in a round shape as well as large enough to line both the base and the sides of the tin.

5 Remove the top layer of cling film, slide your hand, palm upwards, under the bottom layer of cling film, then flip the pastry over (so that the cling film is now on top). Carefully lower it into the tart tin. Press the pastry into the edges of the tin (with the cling film still attached) and, using your thumb, 'cut' the pastry along the edge of the tin for a neat finish. Remove the cling film, prick over the base with a fork and chill the pastry in the fridge for another 30 mins or the freezer for 10 mins. *It can keep for weeks like this in the freezer.*

6 Heat oven to 180C/160C fan/gas 4. Remove the pastry from the fridge and line with foil, greaseproof paper or baking parchment, leaving plenty to come over the sides. Fill with baking beans or dried pulses (all of which can be reused repeatedly), then blind-bake for 15-20 mins or until the pastry feels dry in the base. Remove from the oven, take out the baking beans and paper, brush the base of the pastry with any leftover beaten egg, then return to the oven for 3 mins more or until lightly golden. Remove from the oven and set aside.

7 Meanwhile, make the caramel. Put the sugar and 75ml water into a heavy-based pan over a low heat and stir until the sugar dissolves. Add the butter, stirring to melt. Increase the heat to medium and allow to bubble away, stirring occasionally, for about 15 mins or until the mixture is a light toffee colour. Mix in the cream and sea salt and boil for 2-3 mins more or until slightly thickened. Allow to cool.

8 To make the chocolate layer, whisk the sugar, eggs and egg yolks until thickened and creamy in colour. Gently melt the chocolate and butter together in a bowl over a pan of simmering water (the bowl should not touch the water). Leave to cool for 1 min, then add to the sugar and egg mixture, whisking until smooth and glossy.

9 Spread the caramel over the cooled pastry base and spoon over the chocolate mixture, spreading it evenly. Bake for 20 mins or until it is almost set but still a bit wobbly. Allow to cool in the tin for 40-45 mins before removing from the tin and serving in slices.

These recipes are adapted from *Entertaining at Home* by Rachel Allen (£25, Collins)

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Saturday Kitchen

James Martin's guest chefs this October include Cyrus Todiwala and Michael Caines. Catch the show at 10am on BBC One



CYRUS TODIWALA

Parsee fish in banana leaf with egg & peanut salad

SERVES 4 ● PREP 45 mins ● COOK 20 mins Moderately easy

FOR THE FISH
½ tsp turmeric
4 grey mullet, heads removed and pin-boned
1 coconut, grated or 200g desiccated coconut, finely ground
2 large bunches coriander
4-5 long slender green chillies
6-8 garlic cloves
7.5cm piece ginger, chopped
1 heaped tsp toasted cumin seeds
1 tbsp caster sugar
juice 1-2 limes
1 large bunch mint
4 banana leaves, trimmed and any hard core removed
4 tbsp malt vinegar
FOR THE SALAD
5 hard-boiled eggs, cooled
6 tbsp grated coconut
1-2 large green chillies, finely chopped
2 tbsp finely chopped coriander
1 tbsp tamarind pulp or 1 tsp tamarind concentrate
3-4 tbsp roasted peanuts, roughly chopped
1 tbsp finely chopped shallot
2 tomatoes, skinned, deseeded and chopped

1 Heat oven to 190C/170C fan/gas 5. Mix the turmeric with 1 tsp salt, rub into the fish and set aside. Place the remaining ingredients (except the banana leaves and malt vinegar) into a food processor and blitz to a paste – add a little water if needed.
2 Rub the paste all over the fish, inside and out. Pass the banana leaves over a gas flame to soften – just one pass on each side should be sufficient. If you can't get banana leaves, use a sheet of foil. Place the fish in the centre of the banana leaf or foil and fold over to enclose. Tie with string to ensure no paste seeps out. Place on a baking tray, sprinkle over the malt vinegar and a little water and bake for 15-20 mins, or until the fish is cooked through.
3 For the salad, shell the eggs, then separate the whites and yolks. Finely dice the whites and crumble the yolks. Place into a bowl with all the other ingredients. Toss gently and season with a little salt.
4 Remove the string from each banana leaf parcel, then place on each plate. Let each person open up their own to get the lovely aromas. Serve with the salad.

JAMES MARTIN

Chocolate liquorice fondants with liquorice ice cream

SERVES 4 ● PREP 1 hr plus infusing, churning, chilling and freezing ● COOK 25 mins For the confident cook

FOR THE LIQUORICE ICE CREAM
300ml double cream
300ml full-fat milk
3 sticks liquorice root (available from health food shops)
6 egg yolks
100g caster sugar
FOR THE LIQUORICE TRUFFLES
125ml double cream
15g butter
100g plain chocolate with 70% cocoa solids, finely chopped
75g sweet liquorice, finely chopped
cocoa powder, for dusting
FOR THE FONDANTS
175g plain chocolate with at least 70% cocoa solids
100g softened butter
40g ground almonds
2 eggs, separated
40g cornflour
85g caster sugar

1 For the liquorice ice cream, place the cream, milk and liquorice root in a saucepan and bring slowly to the boil. Remove from the heat and leave to infuse for at least 1 hr, longer if possible. Return the pan to the heat and bring back to the boil.
2 Place the egg yolks and sugar into a large bowl and whisk until combined. Pour the boiling cream mixture through a sieve onto the egg yolk mixture and whisk well. Discard the liquorice roots.
3 Pour the mixture back into the saucepan and return to the heat. Heat gently, stirring continuously, until the mixture is thickened and coats the back of the spoon. Don't allow it to boil. Leave to cool, then pour into an ice-cream machine and churn according to the manufacturer's instructions.
4 For the truffles, place the cream and butter into a saucepan and bring to the boil. Add the chocolate and stir until completely melted and smooth. Remove from the heat and stir in the liquorice. Transfer to a bowl and allow to cool, then chill in the fridge. When cold and completely set, take teaspoonfuls of the mixture and form into small balls. Place onto a plate and return to the fridge until needed.
6 For the fondants, heat oven to 180C/160C fan/gas 4. Grate 40g of the chocolate and set aside. Melt half the butter in a small pan and use to liberally butter 4 ramekins. Dust well with the grated chocolate, shaking out any excess, then set aside on a baking sheet. Place the remaining chocolate, including any shaken out from the ramekins, and remaining butter into a heatproof bowl. Place over a pan of gently simmering water until melted. Remove the bowl from the heat and beat in the ground almonds, egg yolks and cornflour.
7 In a separate bowl, whisk the egg whites until they form stiff peaks. Gradually beat in the caster sugar to form a glossy meringue. Fold into the chocolate mixture. Spoon half of the mixture into the base of the ramekins. Place a liquorice truffle on top, then fill each ramekin with the remaining mixture. Smooth the top of each fondant with a wet palette knife. Bake for about 10-15 mins, or until well risen with a slight wobble in the centre.
8 To serve, dust the remaining truffles with cocoa powder. Turn the fondants out onto serving plates and serve immediately with a scoop of ice cream and the extra truffles for nibbling.



Every week from now until Christmas, James will be answering viewers' cookery questions online. Visit *bbc.co.uk/blogs/food* to post your query

GOOD FOOD TIP

If you don't have an ice-cream machine, switch your freezer to fast freeze. Pour the mixture into a rigid container and freeze for about 2 hrs or until beginning to form ice crystals.

Using an electric whisk, beat well for 2-3 mins, then return to the freezer. Repeat this three times, then seal the lid on top, reset the freezer and freeze overnight until set.

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The Hairy Bikers' Cook Off

Catch **Si King** and **Dave Myers** cooking these recipes in their new BBC Two series, weekdays at 5.15pm from Monday 25 October



MICHAEL CAINES

Beef, oyster & ale pie

SERVES 6 ● PREP 50 mins ● COOK 3 hrs For the confident cook

1kg braising steak, cut into bite-size pieces
50ml vegetable oil
175g smoked bacon, cut into large lardons
1 large onion, chopped
2-3 medium carrots, cut into batons
2 garlic cloves, finely chopped
140g baby button mushrooms
25g plain flour
500ml dark ale
1 tbsp chicken bouillon powder
1 large bouquet garni (bay leaves, parsley and thyme, tied together)
1 tbsp wholegrain mustard
350g new potatoes, larger ones halved
1 tsp chopped tarragon
12 large fresh oysters, shucked
250g puff pastry
1 egg, plus 1 egg yolk, beaten with a pinch of salt

1 Season the beef with salt and freshly ground black pepper. Heat a large pan until hot, add the oil and fry the beef for 2-3 mins, turning occasionally, until browned all over. Do this in batches so you don't overcrowd the pan.
2 Add the bacon, fry for 2 mins more, then add the onion, carrots, garlic and mushrooms. Fry for 4-5 mins, stirring occasionally. Sprinkle in the flour and stir well to prevent any lumps from forming. Cook for 1 min.
3 Pour in the ale, bring to the boil and cook for 10 mins or until reduced by half. Dissolve the chicken bouillon powder in 2 litres boiling water, then add to the pan along with the bouquet garni and mustard. Bring to the boil and season with salt and freshly ground black pepper. Reduce to a simmer and cook for 2 hrs, or until the beef is tender.
4 About 30 mins before end of cooking time, add the potatoes and cook until tender. Add the tarragon, taste and season if necessary. Remove the pan from the heat and leave to cool. Discard the bouquet garni.
5 Heat oven to 200C/180C fan/gas 6. Using a slotted spoon, spoon the beef mixture into a 25cm deep pie dish. Add the oysters, folding them gently into the beef mixture with enough beef liquor to moisten. Roll out the puff pastry to about 3mm thick and a little larger than the pie dish. Brush a 1.5cm border edge of pastry with beaten egg, then fold over to create a double rim. Place, folded edge down, on top of the filling. Press the edges with your fingers to crimp and secure it to the pie dish.
5 Prick the pastry with a fork, then brush with more beaten egg. Place on a baking tray and bake for about 40 mins, or until the pastry is golden-brown and crisp and the filling is thoroughly heated through. Serve with green vegetables, such as beans, broccoli or spinach.

The latest collection of recipes from the show, *Saturday Kitchen At Home*, is published by BBC Books at £20

Pork tenderloin baked in pastry with a honeyed apple, cinnamon & cider sauce

SERVES 3-4 ● PREP 45 mins ● COOK about 40 mins
Moderately easy

FOR THE PORK
450g pork tenderloin
2-3 tsp finely chopped rosemary
6-8 slices prosciutto
375g pack shortcrust pastry
1 egg, beaten
FOR THE SAUCE
2 tbsp light olive oil, rapeseed oil or sunflower oil
3 shallots, sliced
1 tsp finely grated ginger
2 tsp clear honey
½ tsp ground cinnamon
4 Cox's apples, cored and sliced
150ml dry cider
150ml double cream
freshly grated nutmeg

1 Heat oven to 190C/170C fan/gas 5. Lightly season the pork tenderloin, being more generous with pepper than salt, and sprinkle with the rosemary. Wrap the pork in the prosciutto slices, overlapping them.
2 Roll the pastry out to the length of the pork. Drape the pastry over, tucking it in under the meat – it doesn't need to be completely sealed. Place on a greased or non-stick baking sheet. Brush with beaten egg and bake for 40 mins or until the pastry is golden. Allow the meat to rest for about 10 mins before slicing.
3 After putting the pork in the oven, heat the oil in a pan and fry the shallots until soft and beginning to colour. Add the ginger, honey, cinnamon and apples to the pan. Pour over the cider and simmer until the apple is cooked and the cider has reduced by about one-third. Add the cream, season with salt, pepper and a little nutmeg, then let the cream bubble for a few mins until slightly thickened.
4 To serve, slice the pork at an angle and pour the sauce to one side of the plate. Serve with some buttered, wilted winter greens.



Upside-down winter pudding

SERVES 6 ● PREP 35 mins ● COOK about 45 mins Easy

4 tbsp demerara sugar
3 pears
6 glacé cherries
100g unsalted butter
100g black treacle
100g golden syrup
1 egg
150ml lukewarm milk
1 tsp bicarbonate of soda
225g plain flour
1 heaped tsp ground cinnamon
1 heaped tsp ground ginger
75g soft light brown sugar

1 Heat oven to 180C/160C fan/gas 4. Line the base and sides of a deep 20cm round cake tin with non-stick baking parchment. Sprinkle the base with demerara sugar. Peel and core the pears. Place a cherry in the cavity of each pear half. Place the pears, cut-side down, on the sugar, radiating from the centre of the tin.
2 Place the butter, treacle and syrup in a pan over a low heat until the butter has melted, then set aside. Mix together the egg, milk and bicarb. Sift the flour, cinnamon and ginger into a bowl and stir in the light brown sugar. Make a well in the centre and pour in the melted ingredients and egg mixture. Stir and beat thoroughly until well mixed.
3 Pour into the cake tin and bake for 45-50 mins or until well risen and firm to the touch.

If you fancy making a quick dinner along with the Hairy Bikers and their cooking families, visit *bbc.co.uk/food* for recipes and ingredient lists.

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MasterChef: The Professionals

John Calton and **Ben Piette** hoped to impress Michel Roux Jnr and Gregg Wallace with these dishes in the first round of quarter-finals. The series continues on BBC Two until Friday 5 November

JOHN CALTON

Roasted breast of guinea fowl, asparagus, broad beans, morels & Madeira

SERVES 4 ● PREP 1 hr 40 mins ● COOK about 2 hrs

For the confident cook

Much of the cooking time is devoted to preparing and reducing the sauce. You may like to do this the day before.

FOR THE SAUCE
2 guinea fowl
100g butter
4 banana shallots, chopped
2 garlic cloves, chopped
100g button mushrooms, sliced
500ml dry white wine
500ml Madeira
1 litre brown chicken stock
1 thyme sprig
100g dried baby morels
FOR THE CELERIAC
1 celeriac
25g butter
600ml full-fat milk
splash double cream
2 tsp truffle oil
FOR THE ASPARAGUS AND BEANS
2 bunches asparagus, trimmed
300g podded broad beans
1 Little Gem lettuce
TO SERVE
2 lemons (Amalfi if possible)
8 slices Jabugo ham
2 punnets fresh pea shoots

1 Trim away the legs and wings from each bird and roughly chop them. Reserve the crowns for later. Fry the legs and wings in 50g butter in a large pan with the shallots, garlic and mushrooms for 10-15 mins, or until a deep golden brown. Deglaze the pan with white wine, then boil to reduce by half. Add the Madeira and reduce by half again. Pour in the chicken stock, add the thyme and reduce to a rich sauce. Season with salt and freshly ground black pepper.
2 Strain through a fine sieve, lined with muslin, into a clean pan and set aside. While the sauce is reducing, soak the morels in cold water. Strain and soak again. Strain, gently pat dry with kitchen paper, chop and add to the sauce. Leave to infuse.
3 Peel the celeriac and chop into small chunks. Fry in butter for 5 mins, then pour in the milk. Bring to the boil, reduce the heat and simmer for 10-15 mins or until tender. Strain, reserving the milk, then place in a food processor. Mix on pulse setting with a splash of the milk and cream to make a smooth purée. Mix in the truffle oil, taste and season.
4 Blanch the asparagus for 5 mins, then refresh under cold running water. Repeat with the broad beans. Separate the lettuce leaves, rinse and pat dry.
5 Carefully remove each breast from the guinea fowl carcasses. Melt the remaining butter and fry the breasts for 5-10 mins each side or until golden brown. Allow to rest.
6 Reheat the sauce. Peel and segment the lemons. Place the asparagus and beans in a shallow pan with a spoonful of sauce. Add the lettuce leaves and allow to wilt slightly. Carve the meat into thick slices. Arrange the ham on plates and top with guinea fowl. Spoon over some more sauce. Arrange the vegetables and lemons on the side and garnish with pea shoots. Finish with a little more sauce and serve the remainder separately.

GOOD FOOD TIP

MasterChef: The Professionals was filmed earlier this year, when both asparagus and broad beans were at the peak of their season. However, you can still enjoy this dish during winter – try serving the guinea fowl with frozen broad beans or soya beans, and swap the asparagus for green beans.

BEN PIETTE

Pear & vanilla sponge topped with almonds, served with clotted cream, chocolate sauce & raspberry syrup

SERVES 6 ● PREP 1 hr 15 mins ● COOK 40 mins

For the confident cook

FOR THE PEARS
4 ripe pears
2 tbsp sugar
FOR THE SPONGE
225g butter, softened, plus extra for the moulds
225g caster sugar
4 eggs
225g self-raising flour
1 tsp baking powder
2 vanilla pods, seeds scraped out
100g ready-made marzipan
FOR THE GLAZE
2 tbsp clear honey
25g flaked almonds
FOR THE CHOCOLATE SAUCE
100g plain chocolate with 60% cocoa solids
100g unsalted butter
100g golden caster sugar
100ml double cream
FOR THE RASPBERRY SYRUP
225g raspberries
100g caster sugar
TO SERVE
250g clotted cream
fresh mint sprigs
icing sugar and cocoa powder, for dusting

1 Thoroughly butter 6 individual pudding moulds. Line the base of each with a disc of non-stick baking parchment. Set the moulds on a baking sheet and set aside.
2 For the pears, peel and cut into small dice. Place in a pan with the sugar and 100ml water. Cook for 10-15 mins or until very soft but still holding their shape. Drain carefully, reserving a spoonful of cooking liquor. Place half in food processor with 1-2 tsp of the cooking liquor and purée until smooth.
3 For the sponge, heat oven to 190C/170C fan/gas 5. Beat the butter and sugar until pale and fluffy. Gradually beat in the eggs, one at a time. Sift the flour and baking powder, then fold in with the vanilla seeds. Roll out the marzipan and cut out 6 x 6cm rounds (or slightly smaller than your pudding basins or moulds). Spoon the sponge mixture into a piping bag.
4 Squeeze a layer of sponge mixture into the base of each pudding basin, followed by a round of marzipan, some puréed pear and some diced pear. Finish with a layer of sponge mix. Bake for 20-25 mins or until well risen and golden brown. Allow to cool for several mins, then turn out, brush with honey and sprinkle over the almonds.
5 Meanwhile, for the chocolate sauce, put all the ingredients into a heavy-based pan and allow to melt over a low heat. Stirring continuously, bring to the boil. Remove from the heat and cover the surface with cling film. For the raspberry syrup, put the berries, sugar and 100ml water into a pan. Bring to the boil, then simmer very gently for about 15 mins or until very soft and syrupy. Pass through a fine sieve.
6 To serve, put the chocolate sauce and raspberry syrup into chef's squeezy bottles or piping bags fitted with plain tubes. Squeeze a lattice of chocolate sauce on each plate and carefully sit a sponge on top. Squeeze raspberry syrup around. Using 2 dessertspoons, shape quenelles of clotted cream and sit to one side. Decorate with mint sprigs and a light dusting of icing sugar and cocoa powder.

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Something for the Weekend

For relaxed recipes, don't miss **Simon Rimmer** cooking every Sunday with Tim Lovejoy, Louise Redknapp and guests, from 10am on BBC Two



Potted salmon

SERVES 6 ● PREP 25 mins plus chilling ● COOK 8 mins Easy

FOR THE POTTED SALMON
200ml white wine
1 tbsp white wine vinegar
450g salmon fillet, skinned and pin-boned
200g butter, cubed
1 tbsp capers
FOR THE SALAD
300g cooked baby new potatoes, roughly chopped
150ml mayonnaise
100g baby gherkins (cornichons), chopped
1 tbsp chopped dill
TO SERVE
1 small baguette, sliced and toasted

1 Have ready 6 individual-size Kilner jars, or use ramekins or small coffee cups. Bring the wine and vinegar to the boil in a frying pan, then turn down to a very gentle simmer. Cut the salmon into bite-size pieces and add to the pan. Poach for 6-8 mins, or until opaque. Lift out using a slotted spoon and place in a food processor with about two-thirds of the butter. Chop on pulse setting to combine. You want a bit of texture, so don't overdo it.
2 Stir in the capers, then divide the mixture between the jars and smooth the surface with the back of a spoon. Melt the remaining butter and spoon on top of each to cover completely. Clip the lids in place. Place on a tray and chill.
3 For the salad, mix together the potatoes, mayonnaise, gherkins and dill. Season with salt and freshly ground black pepper and divide between serving plates. Place the little jars of potted salmon on the side and serve with slices of toasted baguette.

Lamb tagine

SERVES 4-6 ● PREP 35 mins ● COOK about 1 hr 35 mins Easy

I used a tagine with a base of about 30-35cm for cooking, but you could always use your favourite ovenproof casserole with a lid instead.

800g lamb shoulder, cubed
vegetable oil, for frying
1 onion, sliced
2 garlic cloves, crushed
1 tsp ground cinnamon
1 tsp ground cumin
1 tsp ground ginger
1 tsp turmeric
1 tsp chilli flakes
450ml lamb stock
200g dried apricots
400g can chopped tomatoes
400g can chickpeas, rinsed and drained
2 large tbsp each chopped parsley and mint
Greek yogurt, flaked almonds and couscous, to serve

1 In a tagine or casserole, fry the lamb in oil, in batches, until sealed on all sides. Lift out with a slotted spoon and set aside. Add the onion and fry for 5 mins or until softened. Stir in the garlic and cook for 1-2 mins. Sprinkle over the spices and cook for 2-3 mins. Return the meat, then stir in the stock, apricots and tomatoes.
2 Season with salt and freshly ground black pepper, then place the lid on top and simmer very gently for 1 hr or until the lamb is meltingly soft. Stir in the chickpeas and cook for 10-15 mins more until thoroughly heated through. Taste and season again if necessary.
3 Scatter parsley and mint on top along with a good dollop of Greek yogurt and a few flaked almonds. Serve with couscous.





Focaccia pizza

SERVES 4 ● PREP 35 mins ● COOK 25 mins Easy V

A ready-made focaccia loaf makes an excellent pizza base. In ancient Rome, these loaves were cooked in the ashes of the fireplace – the name derives from the Latin word 'focus', meaning both 'centre' and 'fireplace' (the fireplace being in the centre of the house).

FOR THE PIZZA
1 focaccia loaf, about 30 x 20cm
150ml extra virgin olive oil
12 medium tomatoes, skinned, deseeded and finely chopped
2 garlic cloves, crushed
250g buffalo mozzarella
12 basil leaves
1 tbsp chopped oregano
10 black pitted olives, halved

1 Heat oven 200C/180C fan/gas 6. Slice the loaf in half lengthways and place on a large baking sheet. Put the oil, tomatoes and garlic into a pan and slowly heat through over a low heat. Don't let it boil.
2 Spoon the tomato mixture over the bread. Tear up the mozzarella and basil leaves and scatter on top. Sprinkle over the oregano and olives. Bake for 10-12 mins, or until the cheese has melted and the topping is bubbling. Season with freshly ground black pepper.

Treacle tart

SERVES 4-6 ● PREP 20 mins ● COOK 30 mins Moderately easy

1 ready-made 20cm shortcrust pastry tart case
FOR THE FILLING
400g golden syrup
125g fresh breadcrumbs
1 tsp ground ginger
zest and juice 1 lemon
FOR THE CUSTARD
6 egg yolks
85g sugar
400ml full-fat milk
1 vanilla pod, seeds scraped out

1 Heat oven to 180C/160C fan/gas 4. Put the tart case on a baking sheet. Mix the golden syrup, breadcrumbs, ginger, lemon juice and zest together, then pour into the tart case. Bake in the centre of the oven for about 30 mins or until golden and set.
2 For the custard, whisk the egg yolks and sugar together until pale and creamy. Pour the milk into a pan and add the vanilla seeds. Slowly bring to the boil. Remove from the heat immediately, then whisk into the egg mixture. Pour it all back into the pan and, stirring continuously, cook over a low heat until it coats the back of the spoon. Take care not to over-heat or you will have sweet scrambled eggs.
3 Slice the tart into wedges and serve with the custard and seasonal berries, if you like.



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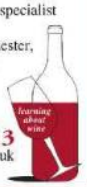


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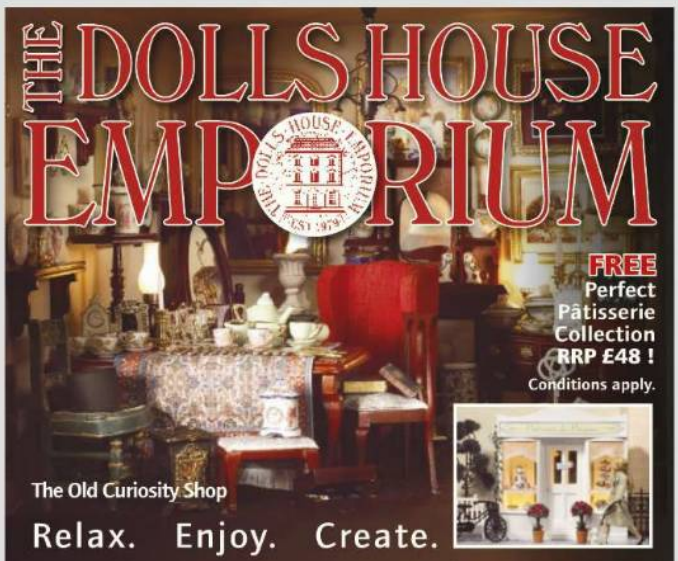
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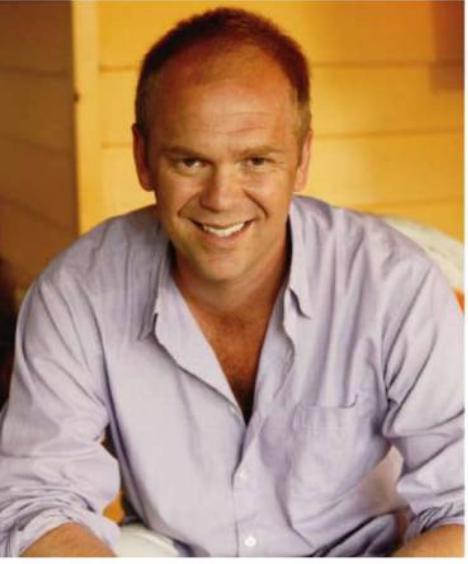


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My life on a plate Bill Granger

His simple style of cooking has made this Australian restaurateur popular with TV viewers in 29 countries around the world. Currently Bill is working on plans for his first London restaurant to add to the three he owns in Sydney and the two in Japan. He is enjoying his new home in Notting Hill with wife Natalie Elliott and daughters Edie, nine, Ines, seven, and Bunny, six.

• Bill Granger is one of the judges of the Good Food channel's competition to find Britain's Best Pudding. Winners will be announced on 22 November during *Market Kitchen: Big Adventure*. Prizes will be presented at the BBC Good Food Show Winter in Birmingham, 24-28 November 2010.

***Bill Granger's Secret Weekends* is on weekdays at 8pm from 29 November on the Good Food channel.**

His latest book is *Bill's Basics* (£25, Quadrille). For more information, visit *bills.com.au*

Earliest food memory?

Going into my dad's butcher's shop and having a slice of ham from the counter. I come from generations of butchers and bakers.

First thing you cooked?

Chicken & sweetcorn soup when I was about eight. It was something I'd enjoyed eating in a restaurant and just wanted to see how to make it myself.

How did you learn to cook?

Although my parents were adventurous eaters and loved going to restaurants, they were never really into cooking. I learnt from cookbooks. I loved Stephanie Alexander and Margaret Fulton, who are big names in Australia, then I worked in restaurants while I was a fine art student.

I loved not just the cooking, but also the entertaining. Food was my way of bringing people together, partly I think as a reaction to my own upbringing. My parents divorced when I was a teenager and we never sat down for a family meal at home. So when I turned 21 and my grandfather offered me the money to start my own business, I knew exactly what I wanted to do.



Food hero?

When I started I was inspired by Terence Conran. He had that whole sense of the customer playing a role, with the restaurant being the stage. I also admire Alan Yau, who launched Wagamama. I love that combination of good food and good design.

Your style of cooking?

Very user-friendly. I like my food to be clean, simple and unpretentious and as I get older, it's getting healthier.

Top dish on your menu?

My ricotta hotcakes with honeycomb butter. They have been on my menu at 'bills' in Sydney for over 20 years and are still popular – we have people queuing for them in Japan, too.

And at home?

I'm pretty good at salads; one that has become a big favourite is avocado with broad beans or edamame, watercress and green apples with a light dressing made from olive oil, ginger and soy. It's great served with steamed fish.

Favourite piece of kitchen kit?

My Japanese mandolin. It's simple and inexpensive and cuts things so finely.

Best piece of cooking advice?

Keep it simple, from a chef I worked with called Chrissie Juliette in my first job in a café. I love women chefs; I like to eat their food. Guys tend to get worked up about presentation and techniques, whereas women are more intuitive – for them it's all about flavour rather than style.

Money-saving tip?

Eat more vegetables. They're cheaper and better for you than big portions of protein.

Luxury you couldn't do without?

Sea salt and good olive oil for salads.

Ideal meal?

Fried rice on the street in Bangkok. For me that is real comfort food and there is the adventure of being there.

Secret ingredient?

A bit of honey can lift a dish, balanced out with a squeeze of lemon juice.

Most thumbed cookbook?

Stephanie Alexander's *The Cook's Companion*. She is the Australian Delia Smith and has an encyclopedic knowledge of food.

Your plans for the future?

I hope to open a restaurant in London soon, somewhere casual, small, everyday, funky and fun, where I can cook and entertain friends. I shall be in the kitchen and on the floor. I've just filmed a new series for the Good Food channel, just me cooking in Britain, and next year I'll be opening another restaurant in Japan.

Interview KATHRYN CUSTANCE | Photographs ALAMY, PHOTOLIBRARY.COM

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Winter entertaining

30+ TRIPLE-TESTED RECIPES



Bacon & mushroom pasta, p14

- One-pot suppers
- Relaxed menus
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Top tips for stress-free entertaining

Freeze ahead



- Most casseroles freeze beautifully. Just make sure the liquid completely covers all the other ingredients, otherwise they are likely to dry out. Freeze for up to 4 months.
- Soups will keep in the freezer with no deterioration of flavour for up to 4 months. You can gently heat them from frozen.
- You can wrap un-iced cakes in foil and freeze until needed. Iced cakes can be open-frozen, then wrap in foil or put in a cake box and freeze.
- Freeze cakes and bread for up to 1 year.



Feeding a crowd

- If you need to scale up a basic recipe, it's best to do so in multiples of the original recipe – for example 6 to 12 servings. With dishes like casseroles, as you scale up each batch will feed a few more.
- It is almost impossible to double or triple recipe ingredients for cakes, doughs or breads, without meeting with disaster. Instead, prepare a single batch repeatedly until you have enough food to feed your guests. Again, cooking in advance is the key.
- When cooking one-pots for a crowd, allow at least 175g potatoes and 160g meat per person.

Use up your leftovers



- Freeze remaining wine to use in stocks.
- Leftover bread can be used to make breadcrumbs or croutons.
- Vegetables can go into a soup; freeze this for a great standby lunch.
- As long as it hasn't been sitting out too long, tightly wrap cheese in foil and freeze. The texture won't be as good, so frozen cheese is best used for cooking.

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Cheer up chilly days and darker nights by getting together to enjoy good food with family and friends. This handy booklet is packed with foolproof recipes to suit the way you like to entertain, from one-pots and freeze-ahead dishes, to delicious desserts and Bonfire Night food.

Sarah

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One-pot suppers

The ultimate in fuss-free entertaining

Mustard chicken with winter vegetables

SERVES 4-6 ● PREP 40 mins ● COOK 2 hrs

Moderately easy

1 chicken, about 1.8kg/4lb in weight
2 onions
6 celery sticks
6 carrots
2 bay leaves
2 thyme sprigs
1 tsp black peppercorns
50g/2oz butter
100g/4oz smoked bacon lardons
3 small turnips, cut into wedges
1 tbsp plain flour
2 tbsp wholegrain mustard
3 rounded tbsp crème fraîche
good handful parsley, chopped

1 Put the chicken in a large pot. Halve 1 onion, 1 celery stick and 1 carrot. Add to the pot with the herbs, peppercorns and a sprinkling of salt. Add water to come halfway up the chicken, bring to the boil, then cover tightly and simmer for 1½ hrs. Cool slightly, remove the chicken to a dish, then strain the stock into a bowl.

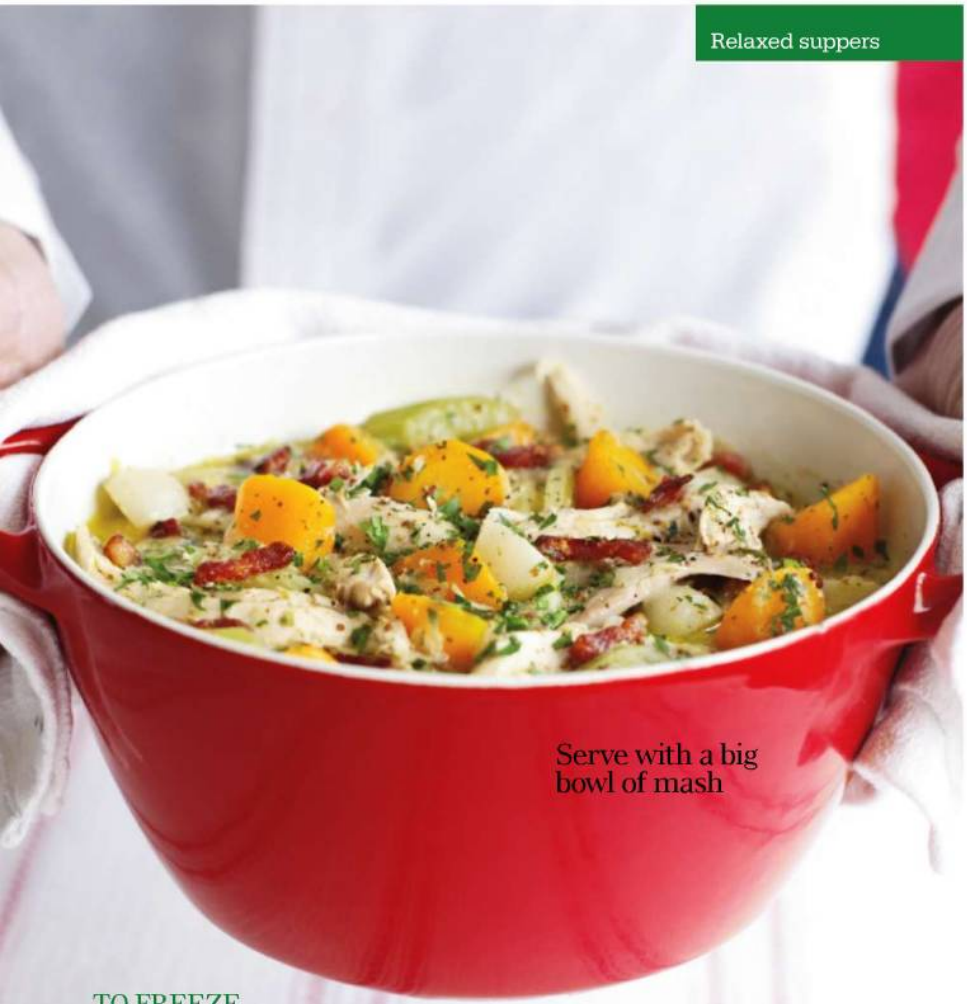
2 When the chicken is cool enough to handle, strip the meat from the bones and tear into pieces with your hands.

3 Chop the remaining onion, and cut the celery and carrots into thick slices. Heat the butter in the same pot, add the onion and lardons, then gently fry for 5 mins until just starting to brown. Add the remaining veg, then fry for 2 mins. Stir in the flour, then cook for 1 min. Measure 900ml stock (if you don't have enough, make it up with water), then gradually add to the pan, stirring. Cover, then simmer for 20-25 mins until vegetables are tender.

4 Return the chicken to the pan with the mustard and crème fraîche, then return to a simmer, stirring gently. Season and sprinkle with parsley.

PER SERVING 920 kcals, protein 71g, carbs 20g, fat 62g, sat fat 23g, fibre 6g, sugar 14g, salt 3.06g

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Serve with a big bowl of mash

TO FREEZE

Cool, then pack into a rigid container. Freeze for up to a month. Defrost in the fridge overnight, then gently reheat. Bring to the boil before serving.

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Pan-fried venison with blackberry sauce

SERVES 4 ● PREP 10 mins ● COOK 15 mins

Easy Good for you, low fat

Blackberries are delicious in savoury sauces, and this version is the perfect match for the richly flavoured venison. Like steak, venison can be eaten rare.

1 tbsp olive oil
2 thick venison steaks or 4 medallions
1 tbsp balsamic vinegar
150ml/¼pt beef stock (made with 2 tsp beef concentrate)
2 tbsp redcurrant jelly
1 garlic clove, crushed
85g/3oz fresh or frozen blackberries

1 Heat the oil in a frying pan, cook the venison for 5 mins, then turn over and cook for 3-5 mins more, depending on how rare you like it and the thickness of the meat (cook for 5-6 mins on each side for well done). Lift the meat from the pan and set aside to rest.

2 Add the balsamic vinegar to the pan, then pour in the stock, redcurrant jelly and garlic. Stir over quite a high heat to blend everything together, then add the blackberries and carry on cooking until they soften. Serve with the venison, celeriac mash (see below) and broccoli.

PER SERVING 182 kcals, protein 28g, carb 7g, fat 5g, sat fat 1g, fibre 1g, sugar 7g, salt 0.24g

TO MAKE CELERIAC MASH

Thickly peel and chop a small celeriac, then boil with 3 small potatoes. When tender, about 20-25 mins, drain and mash with butter and plenty of seasoning.

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Smart, yet simple to make

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Smoked haddock chowder

SERVES 2 ● PREP 5 mins ● COOK 15 mins
Easy Low fat

1 onion, chopped
2 potatoes, scrubbed and sliced
500ml/18fl oz vegetable stock
2 smoked haddock fillets, about 100g/4oz each, cut into chunks
418g can creamed corn
milk, to taste
handful fresh parsley, chopped (optional)

1 Put the onion and potatoes into a large sauté pan. Pour over the stock and simmer for 6-8 mins, until the potatoes are soft but still have a slight bite. Add the fish chunks. Tip in the corn and a little milk if you like a thick chowder, a little more if you prefer it thinner.
2 Simmer for 5-7 mins until the fish is cooked (it should flake when prodded with a fork). Sprinkle over the parsley, if using, and ladle the chowder into bowls.

PER SERVING 555 kcals, protein 37g, carbs 84g, fat 10g, sat fat 3g, fibre 7g, sugar none, salt 0.3g

Wild rabbit slow cooked with rosemary, olive oil & garlic

SERVES 8 ● PREP 10 mins ●
COOK 2¼ hrs-2¾ hrs Moderately easy

4 wild rabbits, jointed into legs, shoulders and half saddles (ask your butcher to do this for you)
100g/4oz plain flour, seasoned
500ml/18fl oz extra virgin olive oil
10 rosemary sprigs
40 garlic cloves, unpeeled
600ml/1pt dry white wine

1 Use a really big casserole dish – one that'll go on the stove and fit all the meat. Toss the rabbit pieces in the flour, tap off the excess, then brown the pieces 5 or 6 at a time in a few tbsp of the oil.
2 When they are golden brown, fit all the pieces back in the pan, throw in the rosemary, garlic and all of the olive oil (seriously!). Add the wine and mix well. Bring the mixture up to the boil, then partially cover with a lid, and allow it to simmer vigorously for 2-2½ hrs. After this time the sauce should be thickened and the rabbit should come away from the bones really easily. (Don't try to slow-cook this in the oven as it just won't bring the elements of the sauce together in the same way.) Season and serve the whole lot with sauteéd potatoes or creamy mash and buttered greens.

PER SERVING 871 kcals, protein 46g, carbs 14g, fat 68g, sat fat 13g, fibre 1g, sugar 4g, salt 0.6g

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Try something new

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JAMES MARTIN

One-pot chicken chasseur

SERVES 4 ● PREP 20 mins ●
COOK 1¼ hrs Easy

1 tsp olive oil
25g/1oz butter
4 chicken legs
1 onion, chopped
2 garlic cloves, crushed
200g button or chestnut mushrooms
225ml/8fl oz red wine
2 tbsp tomato purée
2 thyme sprigs
500ml/18fl oz chicken stock

1 Heat the oil and half the butter in a large lidded casserole. Season the chicken, then fry for about 5 mins on each side until golden brown. Remove and set aside.
2 Melt the rest of the butter in the pan. Add the onion, then fry for about 5 mins until soft. Add garlic, cook for about 1 min, add mushrooms, cook for 2 mins, then pour in the wine. Stir in the tomato purée, let the liquid bubble and reduce for about 5 mins, then stir in the thyme and the stock. Slip the chicken back into the pan, cover and simmer on a low heat for about 1 hr until the chicken is very tender.
3 Remove the chicken from the pan and keep warm. Rapidly boil down the sauce for 10 mins or so until it is syrupy and the flavour has concentrated. Put the chicken legs back into the sauce and serve.

PER SERVING 439 kcals, protein 35g, carbs 7g, fat 28g, sat fat 10g, fibre 2g, sugar 6g, salt 1.11g

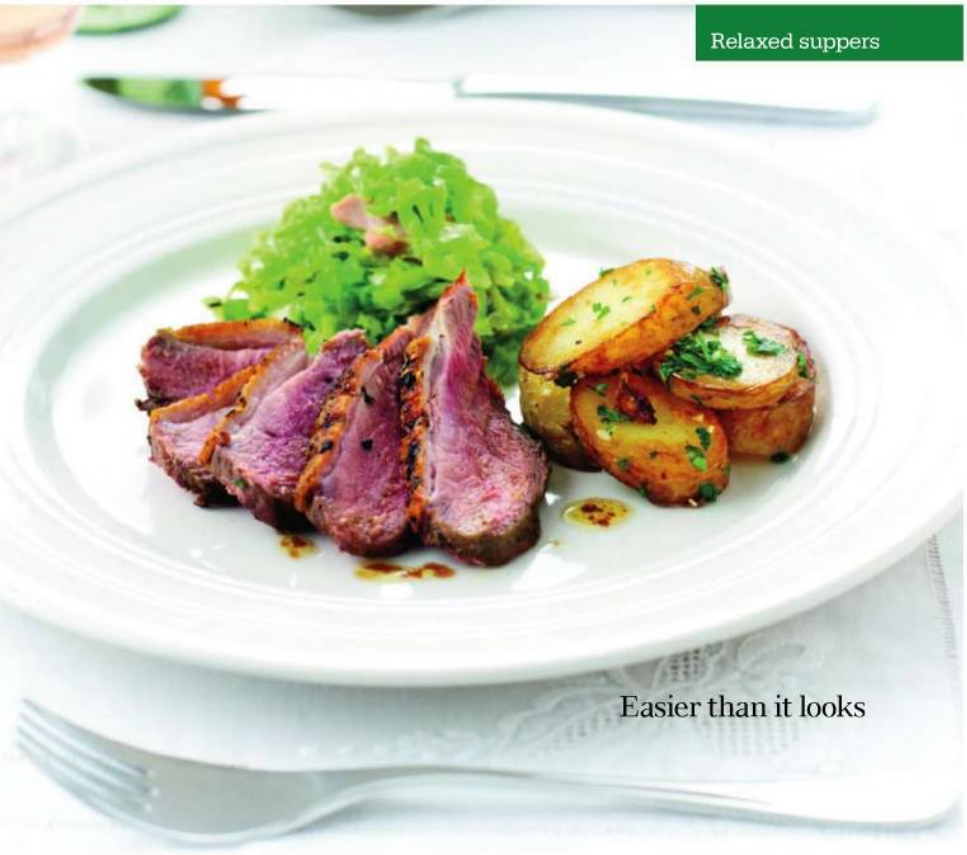
One-pan duck with Savoy cabbage

SERVES 4 ● PREP 10 mins ●
COOK 30 mins Easy

2 duck breasts
1 tsp black peppercorns, crushed
600g/1lb 5oz cooked new potatoes, thickly sliced
bunch flat-leaf parsley, roughly chopped
1 garlic clove, finely chopped
6 rashers smoked streaky bacon, chopped
1 Savoy cabbage, trimmed, quartered, cored and finely sliced
1 tbsp balsamic vinegar
2 tbsp olive oil

1 Lightly score the skin of the duck breasts, then season well with the peppercorns and a sprinkling of salt. Lay the duck breasts, skin-side down, in a non-stick sauté pan, then place over a low heat. Leave the duck for 15 mins to brown and release its fat, then flip over onto the

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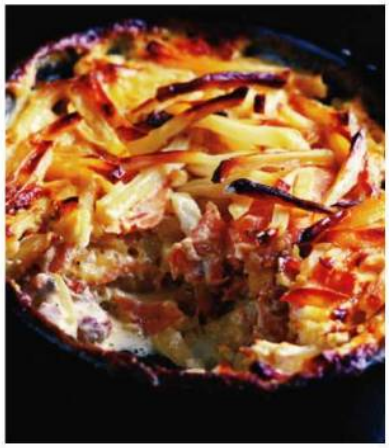
Easier than it looks

flesh side for 5 mins.
2 Remove the duck from the pan, then turn up the heat. Add potatoes to the pan, fry until brown and crisp, then scatter over the parsley and garlic. Scoop out with a spoon onto a plate, then season with salt.
3 Keep the pan on the heat. Fry the bacon until crisp, then add the cabbage. Cook for 1 min, add a splash of water, then fry for 2 mins, just until the cabbage is wilted.

While the cabbage is cooking, whisk any juices from the duck with the vinegar and olive oil. To serve, carve the duck breast into slices. Fan out on large dinner plates, spoon a neat bundle of cabbage on one side, then pile a serving of potatoes on the other. Drizzle over the dressing and serve.

PER SERVING 504 kcals, protein 25g, carbs 33g, fat 31g, sat fat 8g, fibre 6g, sugar 7g, salt 1.16g

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Gravadlax temptation

SERVES 4 ● PREP 1 hr mins ● COOK 1 hr 10 mins Easy

1.8kg/1lb 12oz potatoes, an all-rounder such as Maris Piper is ideal
200g/8oz gravadlax
2 onions
284ml pot double cream
150g/¼pt milk

1 Peel the potatoes and cut into very thin chips. A mandolin makes this easy; otherwise thinly slice, stack them and cut through the stack into sticks. Put the chips in a bowl and cover with cold salted water.
2 Cut the gravadlax into wide strips. Finely chop the onions. Melt a large knob of butter in a small pan, add the onion and fry for 5 mins. Butter the inside of a shallow ovenproof dish, about 1.2-litre capacity. Heat oven to 190C/170C fan/gas 5.
3 Drain potatoes and spread one-third over the dish. Season well. Scatter half the gravadlax and onion on top, then cover with another third of the potatoes. Scatter over the remaining gravadlax and onion. Cover with remaining potatoes and season. Warm cream and milk in a small pan until it simmers, then pour over the potatoes. Dot the top with butter and bake for 1 hr until potatoes are tender and the top golden. Cool for 5 mins before serving with a green veg, like broccoli or sugar snap peas.

PER SERVING 630 kcals, protein 20g, carbs 42g, fat 43g, sat fat 26g, fibre 3g, sugar none, salt 2.69g

Easy Thai prawn curry

SERVES 4 ● PREP 5 mins ● COOK 15 mins

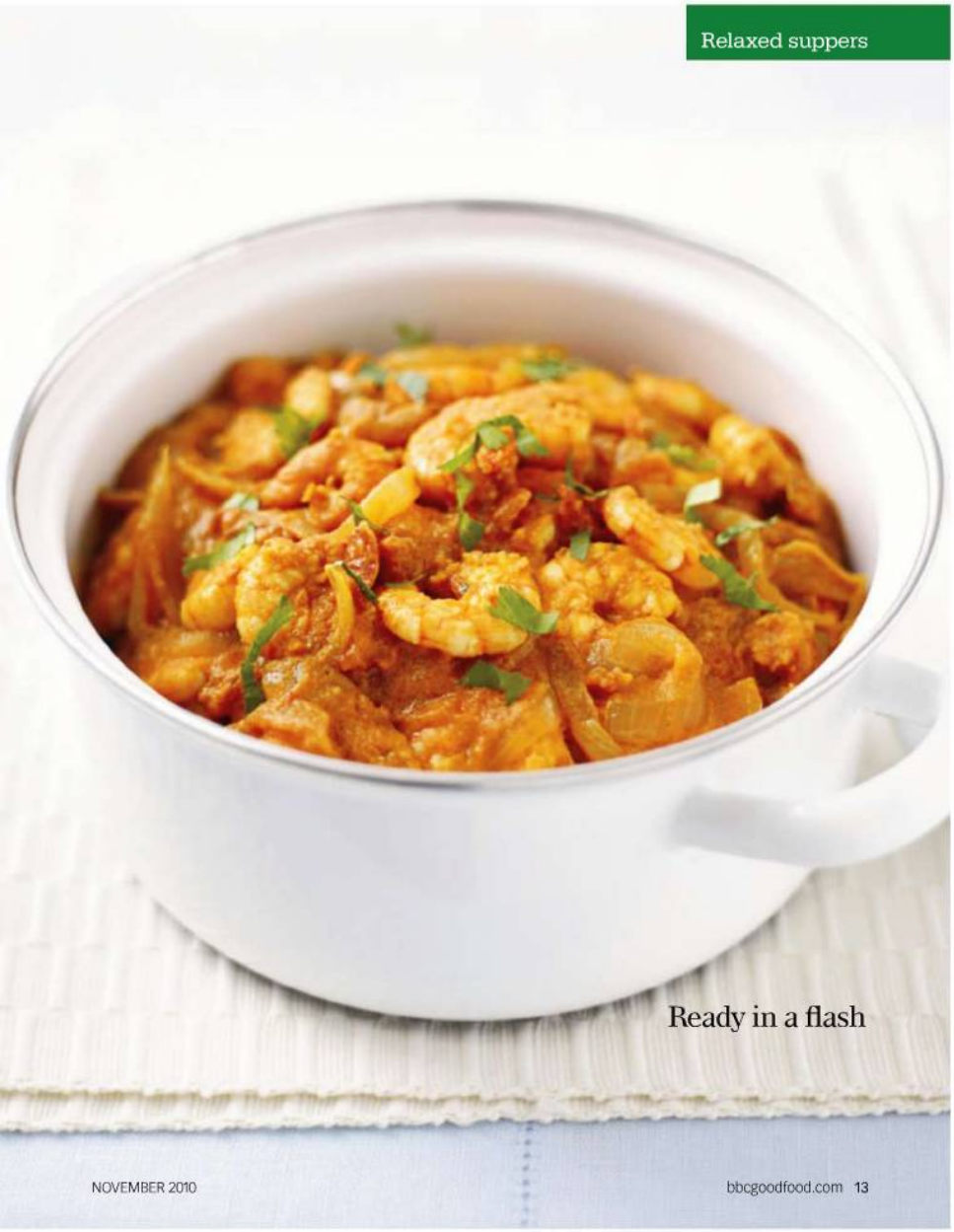
Easy

1 tbsp vegetable oil
1 onion, chopped
1 tsp grated ginger
1-2 tsp Thai red curry paste
400g can chopped tomatoes
50g sachet coconut cream
400g/14oz raw frozen prawns
coriander, chopped, to serve (optional)

1 Heat oil in a medium pan. Add the onion and ginger, then cook for a few mins until softened. Stir in the paste, then cook for 1 min more. Pour in the tomatoes and coconut cream. Bring to the boil, then simmer for 5 mins – add a little boiling water if the mix gets too thick.
2 Tip in prawns, then cook for 5-10 mins more, depending on how large they are. Serve with plain rice, and sprinkle over chopped coriander if using.

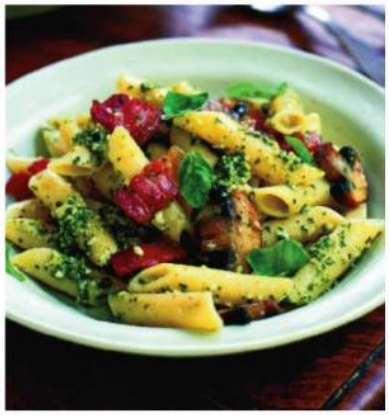
PER SERVING 180 kcals, protein 20g, carbs 6g, fat 9g, sat fat 4g, fibre 1g, sugar 5g, salt 0.86g

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Ready in a flash

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Bacon & mushroom pasta

SERVES 4 ● PREP 5 mins ● COOK 20 mins

Easy

400g/14oz penne (or other tube-shape pasta)
250g pack chestnut or button mushrooms, wiped clean
8 rashers streaky bacon
4 tbsp pesto (fresh from the chiller cabinet if possible)
200ml tub half-fat crème fraîche
handful basil leaves

1 Cook the pasta in boiling water in a large non-stick pan according to pack instructions. Meanwhile, slice the mushrooms and snip the bacon into bite-size pieces with scissors.
2 Reserve a few drops of the cooking water in a cup or bowl, then drain the pasta and set aside. Fry the bacon and mushrooms in the same pan until golden, about 5 mins. Keep the heat high so that the mushrooms fry in the bacon fat, rather than sweat.
3 Tip the pasta and reserved water back into the pan and stir over the heat for 1 min. Take the pan off the heat, spoon in the pesto and crème fraîche and most of the basil and stir to combine. Sprinkle with the remaining basil and serve.

PER SERVING 567 kcals, protein 23g, carbs 78g, fat 20g, sat fat 9g, fibre 4g, sugar none, salt 1.41g

Fruity lamb tagine

SERVES 4 ● PREP 15 mins plus marinating ● COOK 1½ hrs

Easy **Superhealthy** Counts as 5 of 5-a-day

2 tbsp olive oil
500g/1lb 2oz lean diced lamb
1 large onion, roughly chopped
2 large carrots, quartered lengthways and cut into chunks
2 garlic cloves, finely chopped
2 tbsp ras el hanout spice mix (see tip)
400g can chopped tomatoes
400g can chickpeas, rinsed and drained
200g/8oz dried apricots
600ml/1pt chicken stock
TO SERVE
120g pack pomegranate seeds
2 large handfuls coriander, chopped

1 Heat oven to 180C/160C fan/gas 4. Heat the oil in a casserole and brown the lamb on all sides. Scoop out onto a plate, then add the onion and carrots and cook for 2-3 mins until golden. Add the garlic and

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cook for 1 min more. Stir in the spices and tomatoes, and season. Tip the lamb back in with the chickpeas and apricots. Pour over the stock, stir and bring to a simmer. Cover and cook in the oven for 1 hr.

2 If the lamb is a little tough, give it 20 mins more until tender. When ready, leave it to rest so that it's not piping hot. Then serve with pomegranate and herbs scattered over, with couscous or rice alongside.

PER SERVING 497 kcals, protein 40g, carbs 46g, fat 18g, sat fat 5g, fibre 12g, sugar 32g, salt 1.37g

TIP Ras el hanout, a North African spice mix, contains cardamom, cinnamon, clove, coriander, cumin, nutmeg, turmeric and black pepper. Find it in larger supermarkets, or use a mix of the spices above.



Hearty and healthy

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Squash & coconut curry

SERVES 2 generously Easily doubled ● PREP 10 mins ● COOK 20 mins

Easy V ❄

2 tbsp Madras curry paste
1 large butternut squash (600g/1lb 5oz peeled weight), chopped into medium size chunks
1 red pepper, halved, deseeded and roughly chopped into chunks
400g can reduced-fat coconut milk
small bunch coriander, roughly chopped

1 Heat a large frying pan or wok, tip in the paste and fry for 1 min. Add the squash and pepper, then toss well in the paste.
2 Pour in the coconut milk with 200ml water and bring to a simmer. Cook for 15-20 mins or until the butternut squash is very tender and the sauce has thickened. Season to taste, then serve scattered with chopped coriander and naan bread or rice.

PER SERVING 458 kcals, protein 7g, carbs 35g, fat 33g, sat fat 28g, fibre 6g, sugar 23g, salt 0.64g

All-in-one leek & pork pot roast

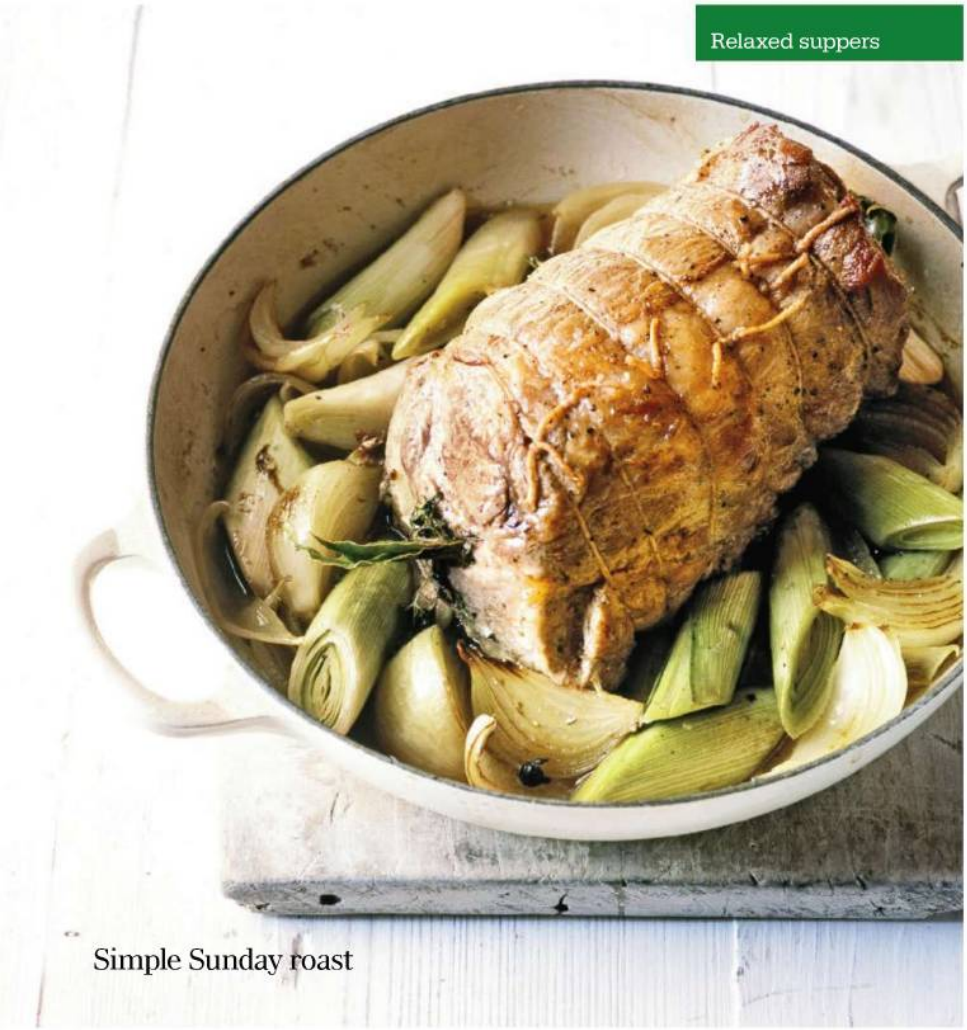
SERVES 6 ● PREP 15 mins ● COOK 2 hrs

Easy ❄

1kg/2lb 4oz boned and rolled shoulder joint of pork
6 bay leaves
2 garlic cloves, sliced
bunch of thyme
25g/1oz butter
sunflower oil
2 onions, cut into wedges
5 juniper berries, crushed
1 tsp golden caster sugar
1 tbsp white wine vinegar
4 whole leeks, trimmed then each cut into 3
250ml/9fl oz white wine

1 Heat oven to 180C/160C fan/gas 4. Untie and unroll the joint, lay 4 bay leaves, the sliced garlic and half the thyme through it, then retie it. Alternatively stab the meat all over and stuff the remaining garlic, bay and thyme into the slits.
2 Heat the butter and 1 tbsp oil in a casserole, then spend about 10 mins browning the pork on all sides. Add the onions, then cook for about 5 mins until they start to soften. Add the juniper berries, scatter with sugar and add the vinegar. Simmer for a sec, then tuck the leeks and the rest of the bay and thyme in among the pork. Pour over the wine, cover, then cook in the oven for 1½-1¾ hrs until the meat is tender. *The dish may now be cooled, then frozen for up to 1 month.* Lift the meat from the pan to a board.

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Simple Sunday roast

3 Season the veg, then use a slotted spoon to lift it into a bowl. Taste the sauce and, if you think it needs it, reduce to intensify the flavour. Serves slices of meat with a bowl of vegetables and the sauce on the side.

PER SERVING 470 kcals, protein 32g, carbs 9g, fat 33g, sat fat 13g, fibre 3g, sugar 7g, salt 0.36g

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Entertain your way

Three foolproof menus, with lots of prepare-ahead options





MAKE-AHEAD DINNER PARTY FOR SIX

Velvety duck liver parfait, p22
Fish pie with saffron mash, p24
Crisp orange shortbread, p26
Chocolate & coffee truffle pots, p26





TREAT FOR TWO

Harissa-spiked houmous, p28,
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Tabbouleh, p29, Roasted aubergine with pomegranates & parsley, p30
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BONFIRE NIGHT SUPPER FOR SIX

Mulled apple juice, p32,
Spiced potato wedges, p32, Chilli con carne soup, p32, Cornbread wedges, p34
Homemade toffee apples, p34

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Make-ahead dinner party for six

Velvety duck liver parfait

SERVES 6 with leftovers ● PREP 30 mins plus setting ● COOK 15 mins

Easy

600g/1lb 7oz duck or chicken livers, or a mix of both
250g pack butter, diced and slightly softened
2 shallots, finely sliced
1 garlic clove, sliced
splash each brandy and Port
1 tbsp tomato purée
FOR THE TOPPING
100g/4oz butter
1 tbsp thyme leaves
1 tsp cracked black peppercorns
toast, gherkins and chutney, to serve

1 Cut away and discard any large sinews from the livers, then set the livers aside. Heat about a third of the butter in a large frying pan, then gently fry the shallots and garlic for 3-4 mins until soft. Turn up the heat, add the livers, then fry until just browned on all sides. Add the brandy and Port, boil down as quickly as possible – if the sauce catches alight for an instant, then all the better. Remove the pan from the heat and leave to cool completely.
2 Season the livers generously, then tip the contents of the pan into a food processor with the tomato purée and remaining butter, and blitz until smooth. Push the mixture through a fine sieve into a bowl, taste for seasoning, then tip into a serving dish, banging the dish down on the tabletop to smooth out the surface. Place in the fridge to set.
3 Once the mixture has set, make the topping. Gently melt the butter in a small pan or in a bowl in the microwave, then leave for a minute to settle and separate. Pour the yellow butter that has risen to the top into another bowl and discard the milky liquid. Leave the yellow butter to cool slightly, then mix in the thyme and peppercorns. Pour the mixture over the parfait and leave to set in the fridge. Serve with plenty of toast, sliced gherkins and chutney. *Will keep in the fridge for 2 days.*

PER SERVING 535 kcals, protein 18g, carbs 2g, fat 50g, sat fat 31g, fibre none, sugar 1g, salt 1.11g

PREPARE AHEAD

You can make the parfait up to 4 days ahead, making sure it's properly covered with the melted butter. It can also be frozen for a month, but start defrosting it in the fridge 2 days before serving.

Menu 1

- **Velvety duck liver parfait**
- **Fish pie with saffron mash**
- **Crisp orange shortbread**
- **Chocolate & coffee truffle pots**

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Let everyone help themselves

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Fish pie with saffron mash

SERVES 6 ● PREP 30 mins ●
COOK 1 hr 15 mins
Moderately easy ❄ see Prepare ahead, below

FOR THE FILLING
3 shallots, finely chopped
3 tbsp white wine vinegar
150ml/¼pt white wine
142ml pot double cream
900g/2lb fresh haddock fillets, skinned
200g bag raw, peeled prawns, preferably unfrozen (see Prepare ahead, below)
800g/1lb 12oz fresh spinach (about 2 bags)
200g/8oz crabmeat
FOR THE TOPPING
pinch saffron strands
3 garlic cloves
1 red chilli, halved and deseeded
200ml/7fl oz full-fat milk
1.25kg/2lb 12oz potatoes, cut into large chunks
4 tbsp olive oil
juice and zest 1 lemon

1 Tip the shallots and vinegar into a saucepan and place on the heat so the vinegar evaporates quickly. Splash in the white wine and reduce until practically dry. Add the cream, bring to the boil, then simmer gently until reduced by two-thirds and very thick. Leave to cool. Cut the fish into bite-size chunks and set aside with the prawns.

2 Tip the spinach into a large colander and pour over boiling water from a kettle until all the spinach is wilted (you may need to do this more than once). Cool under the cold tap, then squeeze the spinach tightly to get rid of any excess liquid.

3 To make the topping, mash the saffron, garlic and chilli together using a pestle and mortar. Tip into a saucepan with the milk, bring to the boil, then remove from the heat to infuse. Bring the potatoes to the boil and simmer for 15 mins until soft. Drain, then mash well with the infused milk, olive oil, lemon juice and zest.

4 Heat oven to 200C/180C fan/gas 6. To assemble the pie, mix the fish and prawns into the cold cream until completely coated. Tip the fish into the bottom of a large gratin dish and scatter over clumps of crabmeat. Unravel the spinach and lay it over the fish, then top with the mash. Cook the pie for about 30 mins until golden and starting to brown and bubble around the edges. Serve with green veg if you like.

PER SERVING 683 kcals, protein 51g, carbs 42g, fat 35g, sat fat 15g, fibre 6g, sugar 7g, salt 1.36g

PREPARE AHEAD

The pie can be assembled the day before and kept in the fridge. If the prawns have not been frozen before, the pie can be frozen, uncooked, for up to a month. Defrost completely in the fridge before cooking.

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Serve hot from the oven

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Crisp orange shortbread

SERVES 6 ● PREP 5 mins plus chilling ● COOK 15 mins Easy

Gluten-free melt-in-the-mouth shortbread that everyone can enjoy

100g butter, softened
50g golden caster sugar
zest ½ orange
175g gluten-free flour (try Doves Farm)
½ tsp gluten-free baking powder

1 Heat oven to 190C/170C fan/gas 5. Lightly oil a baking sheet. Beat the butter, then cream with the sugar and zest until light. Stir in the flour and baking powder and mix together to form a dough.
2 Divide the mix into 10 balls, arrange on a baking sheet. Press each ball flat with the tip of a knife. Chill for 15 mins, then bake for 12-15 mins until light golden. Leave on the sheet for 2 mins before releasing with a knife. Slide onto a rack to cool. *Will keep in an airtight container for up to 1 week.*

PER BISCUIT 154 kcals, protein 1g, carbs 20g, fat 9g, sat fat 5g, fibre 1g, sugar 5g, salt 0.2g

Chocolate & coffee truffle pots

SERVES 6 ● PREP 15 mins plus overnight setting ● COOK 5 mins Easy

200g/8oz plain chocolate
100ml/3½fl oz strong coffee
4 tbsp your favourite spirit, such as rum, brandy or Disaronno
400ml/14fl oz double cream
2 tbsp golden caster sugar
cocoa powder, to serve

1 Break the chocolate into small chunks and tip into a bowl with the coffee and alcohol. Bring 250ml of the cream to the boil, then pour over the chocolate mixture and stir until the chocolate has melted and the mixture is smooth. Divide the mix between 6 coffee cups and leave to set overnight in the fridge.
2 To serve, whip the remaining cream with the sugar until just set. Spoon the cream onto the chocolate pots and serve dusted with cocoa powder so each cup looks like a cappuccino. Serve with the Crisp orange shortbread, left, if you like.

PER SERVING 543 kcals, protein 3g, carbs 28g, fat 45g, sat fat 25g, fibre 1g, sugar 27g, salt 0.04g

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Intensely chocolatey

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Treat for two

Harissa-spiked houmous

SERVES 10 ● PREP 10 mins ● NO COOK

Easy V

2 x 400g cans chickpeas, rinsed and drained
5 tbsp olive oil
1 garlic clove, crushed
lemon juice, to taste
2 tbsp harissa paste
1 tbsp tomato purée

Put ¾ of the chickpeas in a food processor with 3 tbsp olive oil, garlic and ½ cupful of water. Blitz until smooth, adding more water if necessary to make a thick cream consistency. Add the rest of the chickpeas, then whizz again for a few secs until nobbly. Season with salt and a good squeeze of lemon juice. Mix together the harissa and tomato purée with the rest of the olive oil. Drizzle over the houmous to serve.

PER SERVING 111 kcals, protein 4g, carbs 8g, fat 7g, sat fat 1g, fibre 2g, sugar 1g, salt 0.33g



Menu 2

- **Harissa-spiked houmous**
- **Grilled marinated lamb cutlets**
- **Tabbouleh**
- **Roasted aubergine with pomegranates & parsley**
- **Pomegranate ice**

Grilled marinated lamb cutlets

SERVES 2 ● PREP 5 mins plus marinating ● COOK 4-6 mins Easy

2 tbsp pomegranate molasses
juice ½ lemon, plus wedges to serve
1 tbsp olive oil
1 tsp chilli powder
4-6 lamb cutlets, depending on size
2 tbsp Greek yogurt

1 Mix together the pomegranate molasses, lemon juice, olive oil and chilli powder, then toss the cutlets in it. Cover and leave in a cool place for 2-3 hrs.
2 When you are ready, heat the grill to high. Lift the cutlets out of the marinade and scrape what is left into a bowl. Mix the yogurt into the leftover marinade and add 1 tsp salt. Brush some of the mix over the cutlets on both sides and place on the grill tray – make sure it's about 5cm below the grill. Cook for 2-3 mins each side, brushing with additional mix when turning. The cutlets should be browned and just starting to scorch. Serve with lemon wedges.

PER SERVING (3 cutlets) 635 kcals, protein 38g, carbs 9g, fat 50g, sat fat 24g, fibre none, sugar 9g, salt 0.4g

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Zingy flavours



Tabbouleh

SERVES 2 ● PREP 20 mins plus soaking ● NO COOK Easy V

50g/2oz bulghar wheat
50g/2oz flat-leaf parsley, chopped
50g/2oz mint, chopped
200g/8oz ripe tomatoes, deseeded & diced
3 spring onions, finely sliced
juice 1 lemon
3 tbsp olive oil

1 Rinse the bulghar wheat in a sieve until the water runs clear. Drain well, then transfer to a bowl. Pour over 200ml boiling water, cover with cling film and leave to soak for 30 mins or so while you prepare the rest of the ingredients.

2 Keeping the parsley in a bunch, chop the leaves roughly. Don't worry about the inclusion of some stalks; this adds to the flavour. Do the same with the mint. Put the herbs in a large bowl and add the tomatoes and spring onions.

3 Thoroughly drain the bulghar, then add to the herb mix, along with lemon juice and olive oil. Mix well, season and serve.

PER SERVING 269 kcals, protein 5g, carbs 24g, fat 18g, sat fat 2g, fibre 2g, sugar 4g, salt 0.05g

Turn the page for the aubergine recipe ▶

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Roasted aubergine with pomegranates & parsley

SERVES 2 ● PREP 15 mins plus cooling ● COOK 35 mins

Easy V

It's so important to cook the aubergines until they're completely collapsed and tender, without any hint of sponginess.

1 large or 2 smaller aubergines (about 400g/14oz in total)
1 tbsp coriander seeds
1 tbsp cumin seeds
3 tbsp extra virgin olive oil, plus extra for drizzling
handful parsley leaves
Greek yogurt, to serve
seeds from ½ ripe pomegranate

1 Heat oven to 180C/160C fan/gas 4. Halve the aubergines lengthways, then chop them into cubes, about 2.5cm across. Transfer to a large bowl.
2 Using a pestle and mortar or small food processor, break the coriander and cumin seeds down a little, so that they are crushed but not ground to a powder. Add them to the aubergines. Next add the olive oil and a good pinch of salt and pepper. Use your hands and turn the aubergines over in the oil and spices until evenly coated. Tip onto a baking tray that can hold the aubergines in a single layer. Cook for 30-35 mins, turning once, until crisp, dark at the edges and utterly squashy.
3 Cool to almost room temperature before transferring to a bowl and mixing in the parsley. Season, then drizzle with a little oil. Dollop over yogurt and scatter with pomegranate seeds before serving.

PER SERVING 274 kcals, protein 4g, carbs 12g, fat 24g, sat fat 3g, fibre 5g, sugar 8g, salt 0.04g

Pomegranate ice

SERVES 8 ● PREP 40 mins ● NO COOK

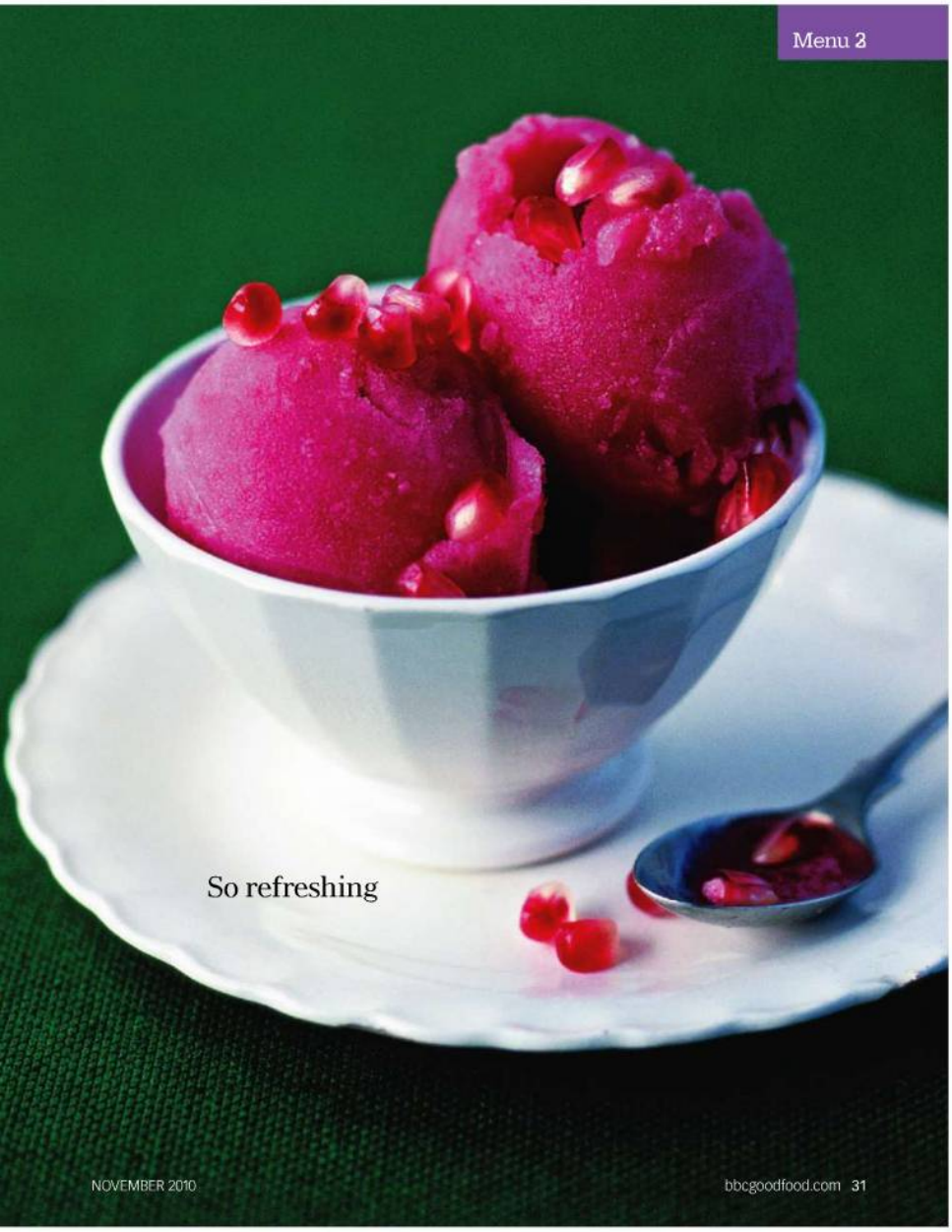
Easy Fat free

450g/1lb caster sugar
8 pomegranates

1 Tip the sugar into a bowl and pour over 600ml of boiling water. Stir to dissolve, then set aside to cool.
2 Meanwhile, juice the pomegranates. Squeeze and press the skin of seven of the pomegranates vigorously to crush the seeds inside. Hold the squashed fruit over a bowl, slit the skin with a knife and the juice will pour out. Mix the juice with the syrup and churn in an ice-cream machine until set, then scoop into a plastic container and freeze. Serve the sorbet in scoops, scattered with a few seeds from the remaining fruit.

PER SERVING 305 kcals, protein 2g, carbs 78g, fat none, sat fat none, fibre 6g, sugar 78g, salt 0.01g

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So refreshing

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Bonfire night supper for six

Mulled apple juice

Simmer **1 litre apple juice** with **strips orange peel, 1 cinnamon stick** and **3 cloves** for about 5-10 mins. Sweeten to taste. Serve each drink with a little **orange peel** and a piece of **cinnamon stick**, if you like.

Spiced potato wedges

SERVES 8 ● PREP 5 mins ●
COOK 1 hr 20 mins Easy V ❄

1kg/1lb 2oz red-skinned potatoes, such as Desirée
25g/1oz butter, melted
1 tbsp tandoori curry powder or jerk seasoning
FOR THE DIP
1 tbsp Dijon mustard
1 tsp clear honey
5 tbsp mayonnaise

1 Ripple the mustard and honey through the mayo in a small bowl. Cover and chill.
2 Heat oven to 200C/180C fan/gas 6. Cut each potato into 8 wedges, then cook in boiling salted water for 5 mins.
3 In a large bowl, mix the butter and spice with a little seasoning. Drain the potatoes, then add to the bowl and shake. Transfer to 2 baking sheets and bake for 20-25 mins, turning occasionally, until crisp and browned. Serve hot with the dip.

PER SERVING 162 kcals, protein 4g, carbs 29g, fat 4g, sat fat 2g, fibre 3g, sugar none, salt 0.14g

Menu 3

- **Mulled apple juice**
- **Spiced potato wedges**
- **Chilli con carne soup**
- **Cornbread**
- **Homemade toffee apples**

Chilli con carne soup

SERVES 6 ● PREP 15 mins ●
COOK 1 hr 20 mins Easy ❄ Low fat

1 small onion, finely chopped
2 garlic cloves, finely chopped
1 tbsp vegetable oil
500g/1lb 2oz lean minced beef
410g can pinto or red kidney beans, drained
2 x 400g cans chopped plum tomatoes
700ml/1¼pts hot chicken stock
large pinch crushed dried chillies
2 squares plain chocolate
coriander or parsley leaves and some grated Gruyère, to serve

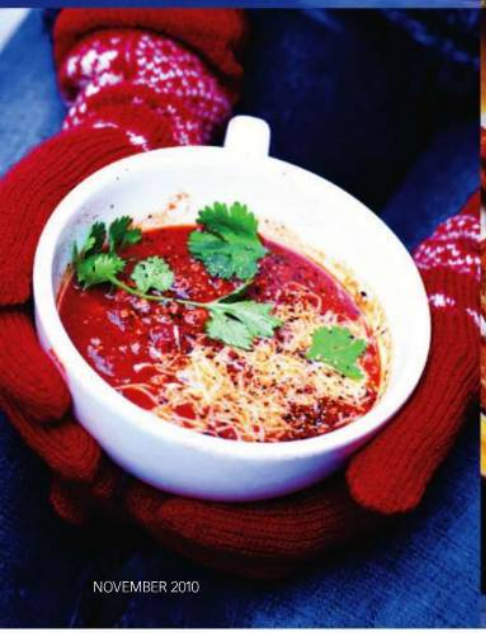
1 Gently fry the onion and garlic in oil for a few mins until softening, then add mince. Turn up heat and cook for 5 mins, stirring, until the meat is no longer pink.
2 Stir in the beans, tomatoes, stock, chillies, chocolate and plenty of salt and pepper. Bring to the boil, cover and simmer for at least 1 hr. *Can be made up to a day ahead.*
3 Serve in mugs, scattered with herbs, cheese and black pepper.

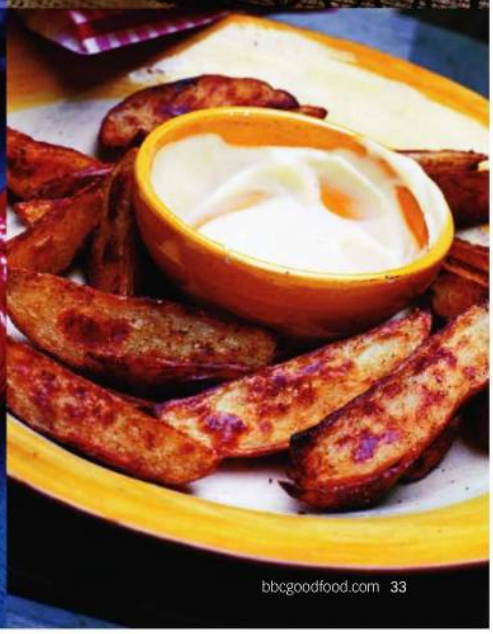
PER SERVING 252 kcals, protein 24g, carbs 14g, fat 12g, sat fat 5g, fibre 4g, sugar 1g, salt 1.29g

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Cornbread wedges

SERVES 6 ● PREP 15 mins ● COOK 25 mins

Easy V ❄

50g/2oz butter, plus extra for the tin
1 small onion, finely chopped
225g/8oz fine cornmeal
140g/5oz plain flour
1 tbsp sugar, 2 tsp baking powder
2 x 284ml cartons buttermilk
2 eggs

1 Heat oven to 230C/210C fan/gas 8. Butter a 23cm cake tin. Melt butter in a pan, tip in onion and cook 5 mins until softened.
2 Meanwhile, tip dry ingredients plus 1½ tsp salt into a large bowl. Beat together buttermilk and eggs in a separate bowl, then stir in the onions. Pour over the dry ingredients and mix until just combined and a batter has formed.
3 Pour batter into the tin and smooth the top. Bake for 25 mins until golden and a skewer inserted comes out clean. Cool for 10 mins, turn out, cut into wedges and serve.

PER SERVING 351 kcals, protein 12g, carbs 54g, fat 11g, sat fat 6g, fibre 2g, sugar 10g, salt 2.08g

Homemade toffee apples

MAKES 8 ● PREP 10 mins ● COOK 10 mins

For the confident cook

8 Granny Smith apples
400g/14oz golden caster sugar
1 tsp vinegar
4 tbsp golden syrup

1 Place the apples in a large bowl, then cover with boiling water (you may have to do this in 2 batches). This will remove the waxy coating and help the caramel to stick. Dry thoroughly and twist off any stalks. Push a wooden skewer or lolly stick into the stalk end of each apple.
2 Lay out a sheet of baking parchment and place the apples on this, close to your stovetop. Tip sugar into a pan along with 100ml water and set over a medium heat. Cook for 5 mins until the sugar dissolves, then stir in vinegar and syrup. Set a sugar thermometer in the pan and boil to 140C or 'hard crack' stage, or pour a little into a bowl of cold water. It should harden instantly and, when removed, be brittle and easy to break. If you can still squish the toffee, continue to boil it.
3 Working quickly, dip and twist each apple in the hot toffee until covered, let any excess drip away, then place on the baking parchment to harden – heat the toffee a little if the temperature drops and it starts to feel thick and viscous. Leave to cool before eating. *Can be made up to 2 days in advance, stored in a dry place.*

PER SERVING 278 kcals, protein none, carbs 73g, fat none, sat fat none, fibre 2g, sugar 73g, salt 0.06g

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Kids will love these

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Something sweet

Treat your guests to a homemade dessert or cake

Maple plum crumble

SERVES 4 ● PREP 5 mins ● COOK 25 mins

Easy

8 ripe plums, halved, stone removed
4 tbsp maple syrup
50g/2oz butter, cut into pieces
50g/2oz plain flour
50g/2oz rolled oats
25g/1oz golden caster sugar
½ tsp ground cinnamon
25g/1oz flaked almonds

1 Heat oven to 200C/180C fan/gas 6. Place the plum halves, skin-side down, in the base of a large heatproof dish. Drizzle over half the maple syrup and roast for 10 mins.
2 Meanwhile, place the butter, flour, oats, sugar and cinnamon in a bowl and rub the butter into the mixture until you have rough crumbs. Stir in the almonds, then sprinkle over the plums. Drizzle the top with the remaining maple syrup and bake for 15 mins until the top is golden. Serve with custard.

PER SERVING 325 kcals, protein 5g, carbs 45g, fat 15g, sat fat 7g, fibre 4g, sugar 26g, salt 0.21g

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New twist on a classic

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Chocolate pecan fondants

SERVES 2 ● PREP 20 mins ● COOK 20 mins
Easy

50g/2oz butter, plus extra for the tin
cocoa powder, for dusting
150g bar plain chocolate (50% cocoa solids is fine), chopped into chunks
1 egg, beaten
2 tbsp plain flour
2 tbsp pecan nuts, toasted and chopped very finely
1 tbsp golden caster sugar

1 Heat oven to 220C/200C fan/gas 7. Butter 2 individual pudding basins (about 200ml capacity), then dust generously with cocoa powder. Melt the chocolate and the butter in a bowl over simmering water or in a microwave and stir until smooth. Gradually stir in the egg, then flour, nuts, sugar and a pinch of salt, and beat gently until everything is combined, but still runny.

2 Divide the mixture between the pudding basins. *Can be chilled for up to a day ahead*. Bake for 15 mins (or 18 mins if chilled). Turn out onto plates and serve with ice cream. Fondants should be cooked on the outside and molten in the middle.

PER SERVING 847 kcals, protein 12g, carbs 56g, fat 65g, sat fat 32g, fibre 6g, sugar 30g, salt 0.54g

Poached pears in spiced tea

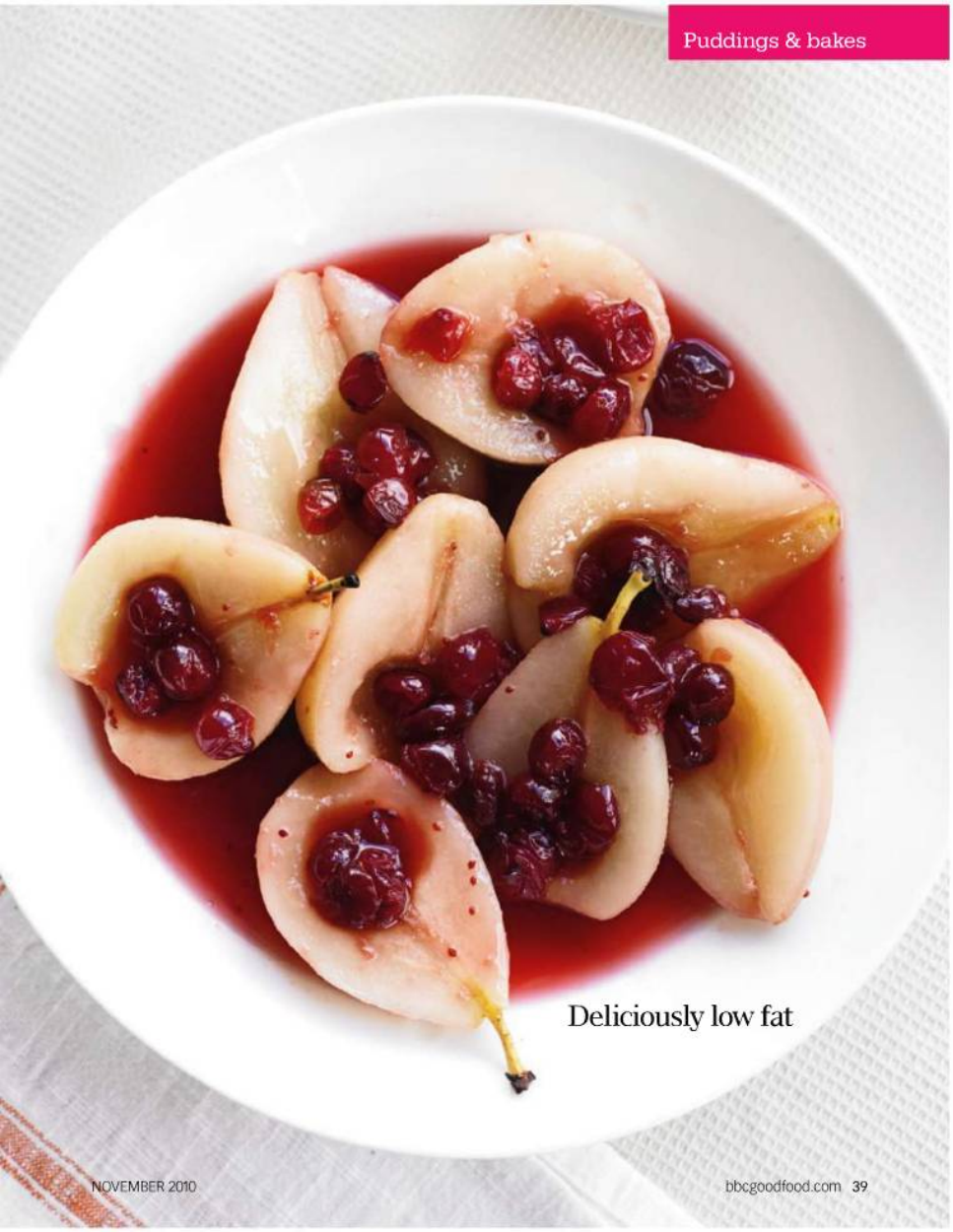
SERVES 4 ● PREP 5 mins ● COOK 20 mins
Easy Low fat

50g/2oz golden caster sugar
1 tbsp clear honey
1 tbsp redcurrant or cranberry jelly
2 spiced fruit tea bags (apple & cinnamon is good)
4 firm pears, peeled, halved and core scooped out with a spoon
handful fresh cranberries
yogurt or sweetened crème fraîche with a little orange juice or zest, to serve

1 Put the sugar, honey, jelly and tea bags into a big pan with 600ml water and bring to the boil, stirring to dissolve the sugar. Add the pear halves, then cover and simmer for 12-15 mins until the pears are just tender – poke them with a skewer or the tip of a knife.
2 Lift out the pears, then turn up the heat, throw in the cranberries and boil for a few mins until syrupy. Discard the tea bags. Serve the pears with the warm syrup poured over.

PER SERVING 131 kcals, protein 1g, carbs 34g, fat none, sat fat none, fibre 4g, sugar 34g, salt 0.02g

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Deliciously low fat

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Ginger & pear bread & butter pudding

SERVES 1 ● PREP 5 mins plus soaking ● COOK 10 mins Easy

2 slices day-old white bread, crusts removed
15g/½oz softened butter
2 tbsp ginger preserve
1 ripe pear, peeled, cored and diced
1 medium egg, beaten
4 tbsp demerara sugar
150ml/¼pt milk

1 Spread the bread with the butter, then the preserve. Cut each slice into 4 triangles. Arrange half the bread in the base of a 300ml microwave dish. Scatter over the pear and top with the remaining bread triangles.
2 Beat together the egg, half the sugar and the milk. Pour over the bread and leave to soak for 10 mins, pushing the bread down to soak up the milk mixture.
3 Cook the pudding in the microwave on High for 4 mins, then leave to stand for 5 mins. Cook on High for 1 min.
4 Heat the grill. Sprinkle over the remaining sugar, then cook under a hot grill until the top is bubbling and golden. Serve the pudding warm.

PER SERVING 755 kcals, protein 16g, carbs 125g, fat 25g, sat fat 13g, fibre 3g, sugar 84g, salt 1.36g

White chocolate & berry pudding

SERVES 4 ● PREP 10 mins ● COOK 10-15 mins Easy

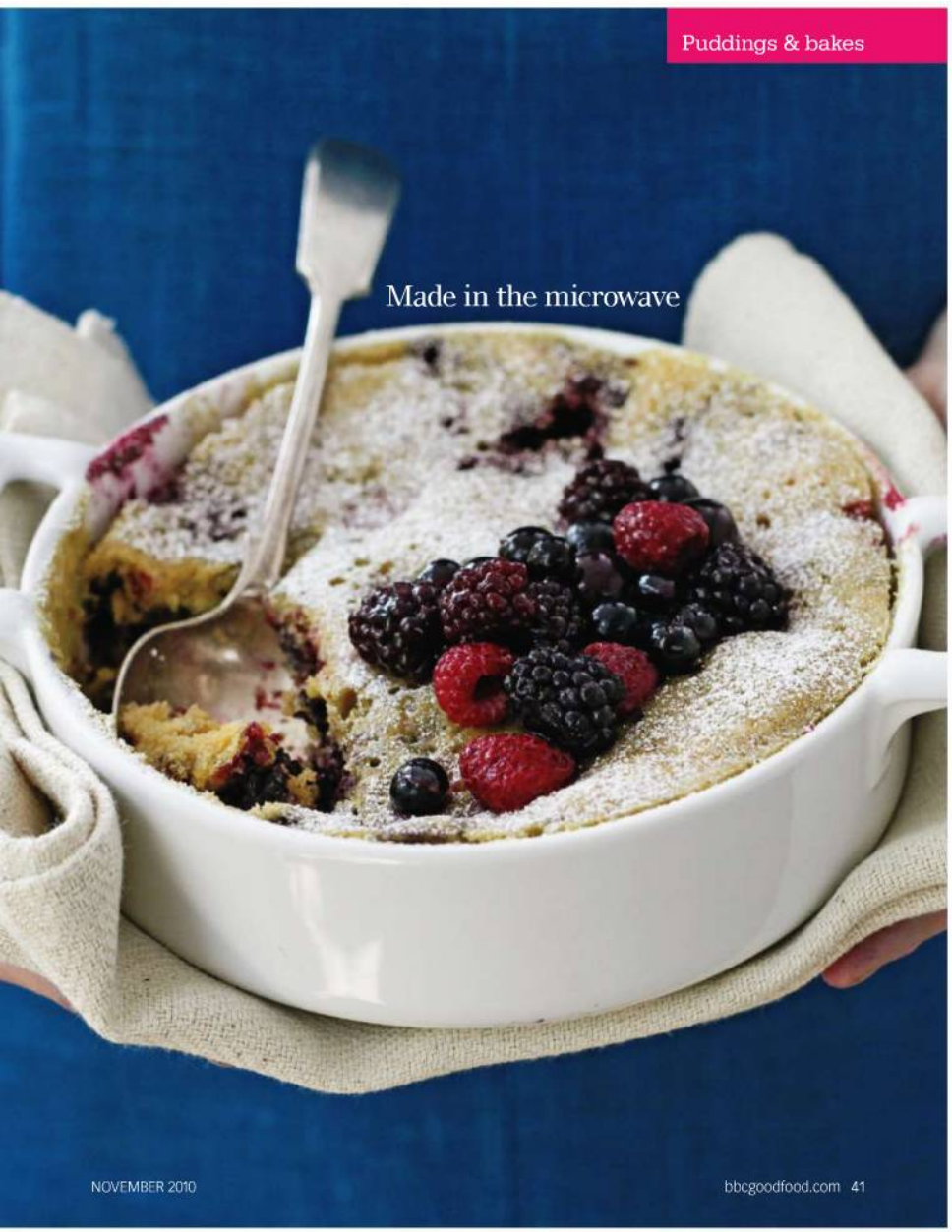
100g/4oz butter, softened
100g/4oz soft, light brown sugar
100g/4oz self-raising flour
2 eggs
3 tbsp milk
85g/3oz white chocolate drops
300g pack frozen mixed berries
icing sugar and custard, to serve

1 Lightly butter a 1-litre microwavable gratin dish or a 20cm microwavable cake dish. Beat together the butter, sugar, flour, eggs and milk with an electric hand whisk for 2-3 mins, until light and fluffy.
2 Fold through the white chocolate and most of the berries, pour into the dish, then microwave on High for 10-12 mins, until set and dry on top. Leave to stand for 5 mins, before dusting with icing sugar and serving with reserved berries and custard.

PER SERVING 550 kcals, protein 9g, carbs 63g, fat 31g, sat fat 18g, fibre 3g, sugar 44g, salt 0.83g

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Made in the microwave



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Vanilla yogurt ice with honeyed pink grapefruit

SERVES 6 ● PREP 15 mins plus freezing ● COOK 10 mins Easy ice only Low fat

FOR THE ICE
200g/8oz golden caster sugar
1 vanilla pod, seeds scraped out
2 x 500g pots natural yogurt
FOR THE HONEYED PINK GRAPEFRUIT
3 pink grapefruit
4 tbsp clear honey
mint leaves, to serve

1 Place the sugar in a bowl, then rub in the vanilla seeds so they're evenly mixed. Stir in the yogurt until the sugar has dissolved. Churn the mix in an ice-cream machine until frozen but still soft or, if you don't have a machine, pour the yogurt into a freezer-safe container and freeze for 4-6 hrs, stirring well every hr or so. Meanwhile, line a 1kg loaf tin with cling film.
2 Spoon the soft frozen yogurt into the tin, cover with another piece of cling film, then freeze for at least 4 hrs, until firm.

Segment the grapefruit, catching the juices in a bowl – you should get about 200ml. Put the juice into a small pan with the honey, simmer for 10-15 mins until thickened and syrupy, stir in the segments, then leave to cool.
3 Take the yogurt ice from the freezer about 10 mins before you want to serve it. Cut into slices and serve topped with grapefruit, some of the honeyed sauce and a scattering of mint leaves.

PER SERVING 301 kcals, protein 8g, carbs 60g, fat 5g, sat fat 3g, fibre 1g, sugar 60g, salt 0.29g

Sweet lemon & goat's cheese tart

SERVES 6 ● PREP 20 mins plus chilling ● COOK 1 hr 20 mins Easy

500g pack ready-made sweet shortcrust pastry
4 eggs, beaten
zest and juice 2 lemons
140g/5oz caster sugar
200ml tub crème fraîche
100g pack rindless fresh goat's cheese, roughly crumbled
blackberries or other fruit, to serve (optional)

1 Heat oven to 180C/160C fan/gas 4. Roll out the pastry and use to line a 20cm loose-bottom tart tin, about 3-4cm deep. Chill for 30 mins. Line the pastry with greaseproof paper and fill with baking beans.
2 Bake for 15 mins, then remove the paper

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Tangy tart



with a little of the beaten egg, then return to the oven for 5 mins to crisp. Remove and reduce heat to 150C/130C fan/gas 2. **3** Stir the zest, juice and sugar together until the sugar dissolves, then beat in the remaining eggs and crème fraîche. Tip into a jug. Put the tart case on a baking sheet in the oven and pour in the lemon mixture. Sprinkle over the goat's cheese, then bake for 1 hr-1 hr 10 mins, until set with a slight wobble in the centre. Serve warm or cold, topped with fruit.

PER SERVING 710 kcals, protein 12g, carbs 66g, fat 46g, sat fat 20g, fibre 2g, sugar 33g, salt 0.79g

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Chocolate drizzle truffle torte

CUTS INTO 12 slices ● READY IN 1 hr 20 mins plus cooling Moderately easy

FOR THE TORTE

100g/4oz butter, chopped, plus extra for the tin
140g/5oz plain chocolate, 70% cocoa solids
6 eggs, separated
140g/5oz ground almonds
85g/3oz golden caster sugar

FOR THE GANACHE

200g/8oz plain chocolate, 70% cocoa solids, cut in small chunks
200ml/7fl oz double cream
25g/1oz butter, softened

FOR THE DECORATION

50g/2oz each of milk and white chocolate

1 Heat the oven to 170C/150C fan/gas 3. Butter and line the base of a 20cm springform tin. For the torte, break the chocolate into a bowl set over a pan of gently simmering water, and add the butter. Heat until melted, than take off the heat and stir until smooth. Cool for about 5 mins.

2 Stir in the egg yolks and ground almonds. Whisk the egg whites to soft peaks, then start to add the sugar, a spoonful at a time, until stiff peaks form. Stir a spoonful or two of the egg whites into the chocolate mixture to slacken it, then carefully fold in the rest.

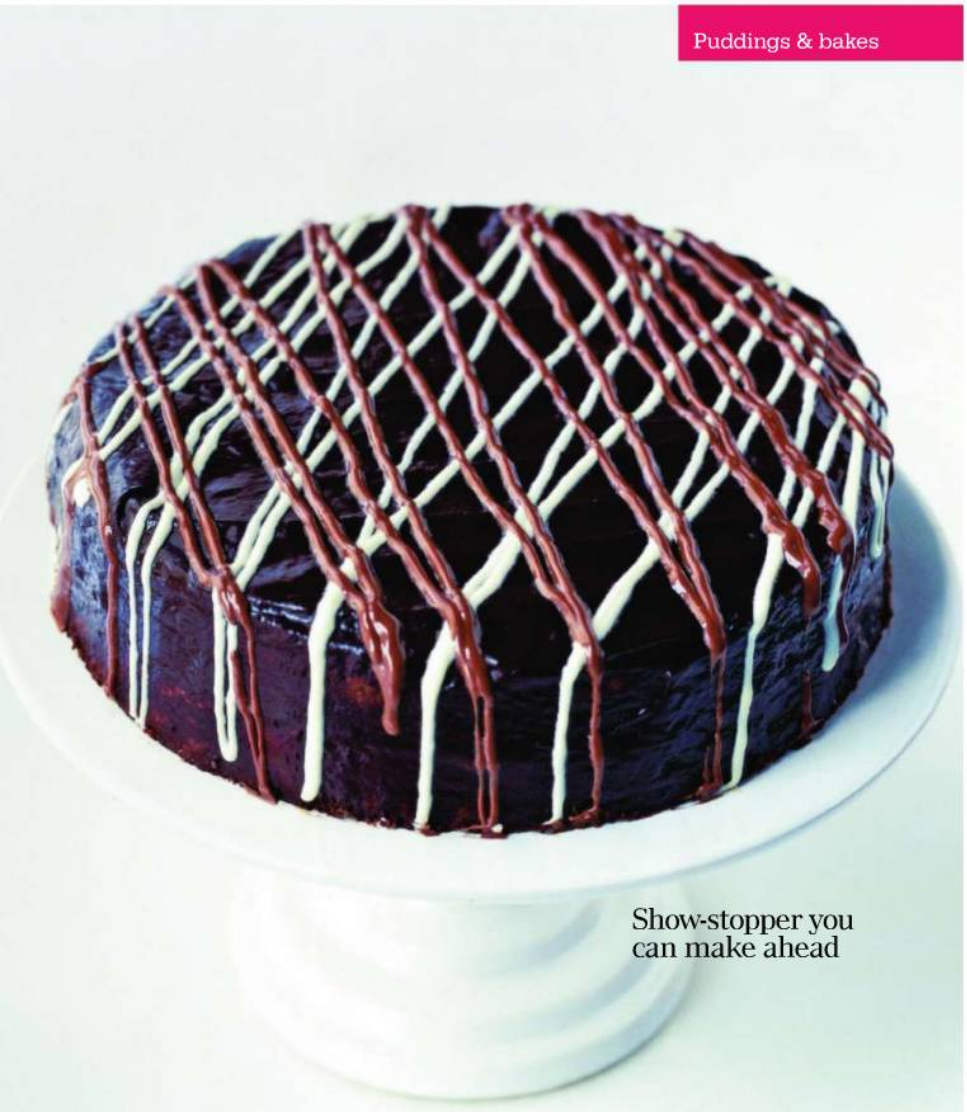
3 Spoon the mixture into the prepared tin and bake for 30-35 mins until risen and just firm. Cool in the tin before turning out – don't worry if it cracks and sinks a bit. Peel off the lining paper.

4 For the ganache, put the chocolate in a heatproof bowl. Heat the cream to just below boiling point, then pour onto the chocolate, stirring. When the chocolate has melted, add the butter and stir until the mix is glossy and smooth. Cool slightly. Cut the cake in half and sandwich together with a third of the ganache. Use the rest to cover the top and sides of the cake.

5 To decorate, melt the milk and white chocolates separately, either in a small bowl over a pan of simmering water or on Medium in the microwave in 30-sec bursts. Drizzle alternately on top of the torte. *The torte will keep in an airtight container in the fridge for up to one week.*

PER SLICE 491 kcals, protein 9g, carbs 31g, fat 38g, sat fat 4g, fibre 2g, added sugar 29g, salt 0.3g

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Show-stopper you can make ahead

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TANA RAMSAY

Caramelised nuts

SERVES 10 ● PREP 5 mins plus cooling ● COOK 10 mins Easy

200g mixed nuts, try almonds, hazelnuts, pecans, or pistachios
140g icing sugar
3 tbsp Grand Marnier

1 Mix together all the ingredients in a pan and place over a moderate heat. Stir constantly, allowing the mix to caramelise and turn brown and making sure all the nuts are well coated.
2 Pour the nuts onto some greaseproof paper. Don't worry if they are stuck together, as they can be separated when cool. *Store in an airtight container for up to 1 week.*

PER SERVING 194 kcals, protein 3g, carbs 16g, fat 12g, sat fat 1g, fibre 1g, sugar 16g, salt none

Orange crème caramel cheesecakes

SERVES 6 ● PREP 20 mins plus 1-2 days chilling ● COOK 40 mins Moderately easy

284ml pot double cream
peel from 1 orange
225g/8oz caster sugar
4 tbsp orange liqueur
200g tub full-fat soft cheese
4 eggs
FOR THE BISCUIT BASE
250g/9oz digestive biscuits
85g/3oz butter, melted
FOR THE CARAMEL SQUIGGLES
100g/4oz caster sugar
sunflower oil

1 Heat oven to 150C/130C fan/gas 2. In a small pan, bring the cream to the boil with the orange peel, then set aside to infuse. Tip 140g sugar into another pan with just enough water to make it sludgy. Bring to the boil, then turn down to a simmer and boil to make a darkish caramel. Add 2 tbsp orange liqueur (it will splutter). Leave it to settle slightly, then pour over the base of 6 x 250ml ramekins; set aside.
2 Beat cheese and remaining 85g sugar together in a large bowl, then beat in eggs and remaining liqueur. Strain in infused cream, then beat together to make a custard. Skim off any froth and set aside.
3 Boil the kettle. Place ramekins in a deep roasting tin. Divide custard between them – it will only come to halfway – then fill the tin with hot water from the kettle so it comes halfway up the outside of the

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Well worth the effort

ramekins. Bake for 40 mins or until just set, then remove from the oven and the tin. Leave to cool, then chill at least overnight. *Can be made up to 2 days ahead and left to chill.*

4 Up to 2 days before serving, make the bases. Crumble the biscuits into a food processor, then blitz to fine crumbs. Add melted butter and pulse until mixed. Line a flat baking tray with greaseproof paper, tip the base mix onto it, then top with another sheet of greaseproof paper. Gently roll the mix out until large enough to cut 6 bases the same size as the ramekins. Chill.

5 To make caramel squiggles, heat sugar with a little water in a pan and boil to make caramel, then set aside to cool slightly. Line a tray with baking parchment and grease with a little oil. Drizzle the caramel up and down so that the strands of caramel stick together to create stars; leave to set.

6 To serve, use a cutter the same diameter as the ramekin to cut out 6 bases from the biscuit mix. Lift the bases onto 6 plates. Unmould the cheesecakes, saving the caramel sauce in the ramekin. Top the bases with the crème caramels, drizzle the sauce over and around the plates, garnish with a star and serve.

PER SERVING 994 kcals, protein 10g, carbs 89g, fat 67g, sat fat 36g, fibre 1g, sugar 66g, salt 1.28g

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Citrus grape cake

SERVES 8-10 ● PREP 15 mins plus cooling ● COOK 50 mins Easy

225ml/8fl oz dessert wine, such as Muscat de Beaumes
200g/8oz light muscovado sugar
100g/4oz softened butter
3 eggs
zest 1 orange and zest 1 lemon
175ml/6fl oz extra virgin olive oil
225g/8½oz plain flour, 1 tbsp for dusting
1 tsp baking powder
175g/6oz grapes, halved and deseeded
4-5 tbsp demerara sugar

1 Pour the wine into a small pan. Bring to the boil, then simmer until reduced to 85ml – this will take 5-10 mins. Leave to cool.
2 Heat oven to 180C/160C fan/gas 4. Brush a 23cm springform cake tin with olive oil, tip in 1 tbsp flour, then shake all over the pan until covered. Discard any excess. Beat together the sugar and butter until creamy and combined. Add eggs, one at a time, then stir through zests. Stir cooled wine and oil together, then pour a little into the cake mix. Stir, then fold in a third of the flour and the baking powder. Alternate between adding liquid and flour until everything is incorporated and smooth.
3 Spoon the cake batter into the prepared tin, then smooth the surface. Scatter the halved grapes on top, then sprinkle over the sugar. Bake for 35-40 mins until a skewer inserted into the middle comes out clean. Eat warm or cool. *Will store in an airtight container for up to 3 days.*

PER SERVING 574 kcals, protein 6g, carbs 62g, fat 33g, sat fat 10g, fibre 1g, sugar 39g, salt 0.49g



Lovely served with crème fraîche

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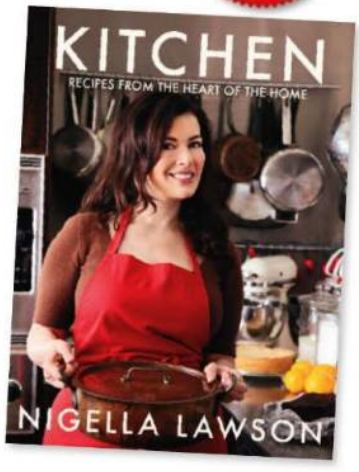

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